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Sanatoria for Consumptives

F. R. Walters, M. D.

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SANATORIA FOR CONSUMPTIVES

ABERDEEN UNIVERSITY PRESS

SANATORIA FOR CONSUMPTIVES

A CRITICAL AND DETAILED DESCRIPTION

TOGETHER WITH AN EXPOSITION OF

THE OPEN-AIR OR HYGIENIC TREATMENT OF
PHTHISIS.

BY

F. RUFENACHT WALTERS, M.D., M.R.C.P.

FELLOW OF THE ROYAL COLLEGE OF SURGEONS; PHYSICIAN TO THE NORTH LONDON
HOSPITAL FOR CONSUMPTION AND DISEASES OF THE CHEST.

WITH AN INTRODUCTION

BY

SIR RICHARD DOUGLAS POWELL, BART., M.D., F.R.C.P.

SECOND



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PREFACE

TO THE SECOND EDITION.

THIS volume is intended to present a general review of Sanatorium treatment and a detailed description of the more important existing Sanatoria. It is based upon original information obtained from medical officers and others attached to these institutions, which has been carefully compared with published descriptions, and in many cases checked by personal visits.

Since the publication of the first edition of this book in January, 1899, a great change has taken place in public opinion with regard to the utility of Sanatoria for Consumptives and the treatment adopted therein. A much more hopeful feeling exists as to the curability of consumption under favourable circumstances; and it is recognised that rational hygienic and medicinal treatment, which gives by far the best prospect of recovery, is most conveniently carried out in a special institution in a suitable neighbourhood under the immediate personal control of a physician.

Many Sanatoria have recently been erected in the British Isles and elsewhere, and many more are projected. The time has not yet come for a comparative study of these institutions; but an attempt has been made in this edition to bring the book up to date by re-writing the British portion and adding an appendix summarising recent changes in foreign countries and the colonies. The number of my informants is so great that I cannot well give separate acknowledgment to each; but I wish

to express my thanks for their kind co-operation, which alone has made it possible for me to write this book.

I am also particularly indebted to Sir Richard Douglas Powell for his kindness in contributing an Introduction to the book, as well as for very welcome encouragement and advice.

F. R. WALTERS.

PREFACE.

BY SIR RICHARD DOUGLAS POWELL.

THE present little work of Dr. Walters, which is based upon careful investigation and expert knowledge, brings before us in a purposively arranged manner the most modern methods of hygienic treatment of consumption. The chief object of the author is to advocate the establishment in this country of public institutions of the convalescent hospital class, and of sanatoria designed for the reception of cases of tuberculosis from amongst those who are more or less well-to-do.

Such institutions already exist on the continent and in America ; and there is no doubt whatever that there are numbers of patients of both kinds sufficient to keep such sanatoria very usefully occupied. Nor can any thoughtful person doubt the value of such sanatoria, and the boon that they would be to a large number of people in this country, who under conditions of prolonged illness have no (or at least no adequate) home accommodation available.

Their usefulness, however, in my judgment, extends far beyond the immediate purpose for which they are proposed. Lessons in self-management are learned by those who sojourn for a time in such sanatoria ; habits of self-discipline and attention to hygienic laws are acquired which are of much importance to those afflicted with consumption, and which have a favourable influence upon prophylaxis ; and these persons when they pass again into the general community become centres of instruction in domestic hygiene.

It is only during certain periods or phases of this usually prolonged malady that sanatoria can ever be available ; and many patients are able to carry out, and will prefer, home treatment. For consumption is a disease that can

be treated safely, and on the best lines, without disrupting the family life. During quiescent periods, and the sometimes prolonged periods of arrest that occur, the patient may—nay, in many cases must—pursue his calling; or he may enjoy the freedom of hotel or domestic life in chosen climates; but he must not forget the sanitary requirements and hygienic discipline which will maintain him in well-being with a measure of working power, and which tend to prevent relapses.

Patients with consumption have often a happy-go-lucky, sometimes a despairing way, of following their own devices at health resorts and elsewhere for long periods together; they need more supervision in their mode of living, both at home and abroad, than they now generally receive, or are indeed willing to tolerate.

The family medical adviser and the health resort physician need, perhaps, more closely to supervise and regulate the conditions of life as regards exercise, rest and diet, which, as a part of the general treatment of the case, are as important as the administration of remedies for particular symptoms. All the most approved principles of hygienic treatment will be found embodied in these pages; as well as many hints in sanitation upon which the managers of hotels at health resorts will do well to ponder, and to be advised by their local physicians, in the best interests of their guests and of themselves.

Medical officers of health in this country have yet to acquire authority to do much more to regulate the sanitation of their districts with regard to consumption; and it is, I believe, through this means, in conjunction with better instructed advice given more uniformly by family medical practitioners to their clients, that the public will best learn the sanitary requirements necessary for that further diminution of the prevalence and mortality of the disease which medical science has already done so much to lessen.

R. DOUGLAS POWELL.

CONTENTS.

CHAPTER I. INTRODUCTORY.

Definition and Objects of Sanatoria for Consumptives—Difference from Chest Hospitals, Nursing Homes, Convalescent Homes, Hydropathic Establishments and General Health Resorts—Open and Closed Sanatoria Compared—Sanatoria for Consumptive Children—Sanatoria for other Forms of Tuberculosis *page 1*

CHAPTER II. CLIMATES FOR CONSUMPTIVES.

A Variety Required—Advantages of Cool Bracing Climates—Essential Climatic Factors—Importance of Artificial Shelters and Accessories—Advantages and Disadvantages of Alpine Climates *page 4*

CHAPTER III. TREATMENT IN HOME CLIMATES.

Often Advisable—Journey Abroad often Dangerous—Drawbacks of a Sea Voyage—Climate of Less Importance than Accommodation, Diet and Manner of Life—Medical Supervision Essential—Disadvantages of Treatment in Foreign Countries—Danger of Relapse *page 8*

CHAPTER IV. OUTLINES OF SANATORIUM TREATMENT.

Regulation of Hygienic and Medical Details of Daily Life—Open-air Life—Prevention of Cold-catching—Rest and Exercise—Diet—Precautions against Infection—The Resident Medical and Nursing Staff: their Duties—Advantages over Treatment at Home *page 11*

CHAPTER V. SITES FOR SANATORIA.

Altitude—Seaside or Inland Sites—Should not be near Towns or High-roads, Factories or Railways—Chalk Downs Doubtful—Character of Vegetation—Soil and Shelter *page 13*

CHAPTER VI. THE SANATORIUM GROUNDS.

Extent and Nature—Should be on a Slope—Sunny Aspect—How Laid Out—Position of Outbuildings *page 16*

CHAPTER VII. CONSTRUCTION, DECORATION AND FURNITURE.

Essential Points—Two Extreme Groups: Their relative Advantages and Disadvantages—Verandahs and Balconies—Kitchens, Cloak-rooms, Lavatories, Bathrooms and W.C.'s—Ventilation and Size of Rooms—Protection against Rain, Wind, Sun and Noise—Heating and Lighting—Arrangements to Facilitate Cleansing—Avoidance of Dust-traps—Open-air Pavilions—The Building in Relation to Climate *page 18*

CHAPTER VIII. CLEANSING AND DISINFECTION: SEWERAGE AND WATER SUPPLY.

Cleansing and Disinfection of Linen and Rooms: Reception and Disinfection of Sputa—Disposal of Sewage—Water Supply *page 28*

CHAPTER IX. THE FRESH-AIR TREATMENT.

Climate may Help or Hinder—Natural and Artificial Shelter—Protection against Hot Sun—Shelter against Wind, Rain and Dust—Recumbency—Hydrotherapy—Clothing *page 33*

CHAPTER X. REST AND EXERCISE.

Chief Indications—Graduated Exercise—Occupation—Amusements—Respiratory Exercises—Mental Repose *page 38*

CHAPTER XI. DIET IN THE SANATORIUM.

Modifying Circumstances—Proportion of Foodstuffs—Milk Supply—Fruit and Vegetables—Preparation of Food—Number of Meals—National Tastes and Customs—Forcible Feeding—Alcohol—Idiosyncrasy—Dyspepsia and other Complications *page 41*

CHAPTER XII. SANATORIA FOR THE POORER CLASSES AND FOR CHILDREN

How many should Sleep Together—Furniture—Should the Patient Work?—Educational Measures—Sanatoria for Children *page 45*

CHAPTER XIII. THE RESULTS OF SANATORIUM TREATMENT.

Fallacies Underlying Statistics—Various Classifications—Sanatoria for the Poor—Sanatoria for Paying Patients—Permanence of Good Results—Comparison with Chest Hospitals *page 48*

CHAPTER XIV. SIZE, STAFF AND MANAGEMENT, AND RELATION TO OTHER INSTITUTIONS.

Best Size for a Sanatorium—Nursing and Medical Staff—Administrative Department—Mode of Admission—Duration of Treatment—Cases Suitable for Admission—Need of other Institutions for Consumptives, and of Model Villages *page 58*

CHAPTER XV. OBJECTIONS ANSWERED.

Sentimental and Ethical Objections—Danger of Infection Insignificant—Evidence from Chest Hospitals and Sanatoria—Harmlessness of such Institutions—Open Health Resorts *page 63*

CHAPTER XVI. THE COST OF A SANATORIUM.

Sanatoria for Paying Patients—Sanatoria for Poor Patients—Circumstances Affecting the Cost—Alteration of Pre-existing Buildings—Cost of Various Foreign Sanatoria—Cost of Maintenance in Various Countries—Charges at Foreign Sanatoria—How a Sanatorium for the Poor may be Supported *page 71*

CHAPTER XVII. SANATORIA IN AMERICA, EASTERN STATES.

Table of American Sanatoria with their Altitudes—The Adirondack Cottage Sanitarium—The Gabriels Sanitarium—The Loomis Sanitarium—The De Peyster Hospital for Children—The Montefiore Home Country Sanitarium—The Seaton Sanitarium—The Sharon Sanitarium—The Massachusetts State Hospital for Consumption—The Philadelphia Hospital for Diseases of the Lungs—The House of Mercy—The Chestnut Hill Hospital—The Winyah Sanitarium—The Aiken Cottages—Dr. Sajous' Co-operative Village—The Hygeia Sanitarium *page 83*

CHAPTER XVIII. SANATORIA IN AMERICA, WESTERN STATES.

The Glockner Sanitarium—The Home, Denver—The Las Vegas Sanitarium—The Colorado Sanitarium—Manitou Park—St. Mary's Sanatorium—The Bellevue Sanatorium—White Gables Sanitarium.

page 102

CHAPTER XIX. HOMES AND HOSPITALS FOR CONSUMPTIVES IN AMERICA.

St. Joseph's Hospital—The New York Hospital and Dispensary for Consumption—The House of Rest for Consumptives—The Montefiore Home for Chronic Invalids—The Brooklyn Home for Consumptives

page 115

CHAPTER XX. SANATORIA IN AUSTRIA-HUNGARY.

The Alland Sanatorium—The Sanatorium of Marilla-Völgy—The Sanatorium of Uj-Tatra-Füred—Dr. Schreiber's Alpenheim . . . *page 120*

CHAPTER XXI. FRENCH SANATORIA.

French Societies for the Erection of Sanatoria—Existing and Projected Sanatoria—Table of French Sanatoria with their altitude . . . *page 127*

CHAPTER XXII. FRENCH SANATORIA FOR PAYING PATIENTS.

The Canigou Sanatorium—The Durtol Sanatorium—The Trespoeu Sanatorium—The Sanatorium of Mont Bonmorin—The Sanatorium of Mont Pacanaglia—St. Martin Lantosque . . . *page 130*

CHAPTER XXIII. FRENCH SANATORIA FOR CHILDREN.

The Ormesson Hospital—The Villiers-sur-Marne Hospital—Other Sanatoria for Children—Seaside and Mountain Sanatoria . . . *page 139*

CHAPTER XXIV. HOSPITAL SANATORIA IN FRANCE.

The Boucicaut Hospital—The Lariboisière Hospital . . . *page 146*

CHAPTER XXV. GERMAN SANATORIA FOR PAYING PATIENTS.

Table of Sanatoria, with Beds and Altitudes . . . *page 148*

CHAPTER XXVI. SILESIAN SANATORIA FOR PAYING PATIENTS.

The Brehmer Sanatorium—Second-Class Patients—Dr. Römpler's Sanatorium—Dr. Weicker's Sanatorium . . . *page 150*

CHAPTER XXVII. SAXON SANATORIA FOR PAYING PATIENTS.

Dr. Driver's Sanatorium at Reiboldgrün—Dr. Lahmann's Sanatorium . . . *page 160*

CHAPTER XXVIII. PRIVATE SANATORIA OF THE HARZ DISTRICT.

The Altenbrak Sanatorium—St. Andreasberg—Dr. Ladendorf's Establishment—Dr. Jacobasch's Establishment . . . *page 167*

CHAPTER XXIX. THE REHBURG SANATORIA FOR PAYING PATIENTS.

Dr. Michaelis' Sanatorium—Dr. Lehrecke's Sanatorium . . . *page 171*

CHAPTER XXX. PRIVATE SANATORIA IN THE RHINE DISTRICT.

The Falkenstein Sanatorium—The Hohenhonnef Sanatorium—The Laubbach Sanatorium—Second-class Patients . . . *page 177*

CHAPTER XXXI. THE BLACK FOREST PRIVATE SANATORIA.

The Nordrach Colonie—The Schömburg Sanatorium—Dr. Sander's Sanatorium at St. Blasien—Dr. Leiser's Sanatorium at Badenweiler
page 190

CHAPTER XXXII. GERMAN SANATORIA FOR THE PEOPLE, AND FOR CHILDREN.

German Societies for the Erection of Sanatoria—The Sickness and Old Age Assurance Act—Table of Sanatoria with Beds and Altitudes—Seaside Sanatoria for Children page 203

CHAPTER XXXIII. SANATORIA FOR THE PEOPLE IN EASTERN GERMANY.

Dr. Weicker's Krankenhaus at Görbersdorf—The Loslau Sanatorium
page 208

CHAPTER XXXIV. SANATORIA FOR THE PEOPLE IN BRANDENBURG, MECKLENBURG, AND POMERANIA.

The Beelitz Sanatorium—The Belzig Sanatorium—The Bleichröder Sanatorium—The Blankenfelde Sanatorium—The Grabowsee Sanatorium—The Malchow Home for Consumptives—The Stettin Sanatorium
page 214

CHAPTER XXXV. SAXON SANATORIA FOR THE PEOPLE.

The Albertsberg Sanatorium—The Plauen Sanatorium—The Jonsdorf Convalescent Home—The Prinzessin Maria-Anna Heim page 222

CHAPTER XXXVI. SANATORIA FOR THE PEOPLE IN THE HARZ DISTRICT.

The Andreasberg Sanatoria—The Oderberg Sanatorium—The Hanse Insurance Company's Sanatorium for Women—The Felixstift Sanatorium—The Stiege Sanatoria: Albrechtshaus and Marienheim—The Sülzhayn Sanatoria: The Sülzhayn Miners' Sanatorium; the Fernsicht Sanatorium for Paying Patients; The Sülzhayn Village Sanatorium for Paying Patients—The Altenbrak Sanatorium for the People—The Königsberg Convalescent Home—The Zellerfeld Sanatorium
page 226

CHAPTER XXXVII. SANATORIA FOR THE PEOPLE IN THURINGIA.

The Colony in the Harth Forest—The Berka Sanatorium—The Manebach Sanatorium page 243

CHAPTER XXXVIII. SANATORIA FOR THE PEOPLE IN HANOVER, WEST-PHALIA, OLDENBURG AND LIPPE DETTMOLD.

The Rehburg Bremen Sanatorium—The Hanover Sanatorium Society—The Altena Sanatorium—Other Institutions at Altena for Consumptives page 246

CHAPTER XXXIX. SANATORIA FOR THE PEOPLE IN THE RHINE DISTRICT.

Projected Sanatoria—The Ruppertsghain Sanatorium page 252

CHAPTER XL. SANATORIA FOR THE PEOPLE IN S.W. GERMANY.

Projected Sanatoria—The Dannenfels Sanatorium—The Würzburg Sanatorium—The Speyer Sanatorium—The Schömburg People's Sanatorium—The Arlen Sanatorium—The Marzell Sanatorium—The Krailling Sanatorium—The Harlaching Sanatorium page 256

CHAPTER XLI. SANATORIA IN NORWAY AND SWEDEN.

Table of Norwegian Sanatoria, with Beds and Altitudes—Tonsaassen Sanatorium—The Gausdal Sanatorium—The Reknaes Consumption Hospital—Other Sanatoria for the Poor in Norway . . . *page 267*

CHAPTER XLII. RUSSIAN SANATORIA.

Existing and Projected Sanatoria—Table of Sanatoria, with Beds and Altitudes—Lindheim Sanatorium—Quisisana Sanatorium at Yalta—The Sanatoria at Halila: the Alexander Sanatorium; the Maria Sanatorium; the Nikolaj Sanatorium—The Taitzi Sanatorium—The Military House Sanatoria at Zarskoje Selo and at Wola . . . *page 272*

CHAPTER XLIII. SWISS SANATORIA FOR PAYING PATIENTS.

Table of Swiss Sanatoria, with Beds and Altitudes—The Arosa Sanatorium, Davos—Dr. Turban's Sanatorium—The New Davos Sanatorium—The Maison de Diaconesses—The Villa Pravignan—The Leysin Sanatorium—The Montana Sanatorium—The Weissenburg Kurhaus . . . *page 283*

CHAPTER XLIV. SWISS SANATORIA FOR POORER PATIENTS.

The Basel Sanatorium at Davos—The Dutch Sanatorium at Davos—The Davos Invalids' Home—The Davos Benevolent Society—The St. Moritz Aid Fund—The Heiligenschwendli Sanatorium—The Zurich Sanatorium—The Sanatorium of Braunwald—The Aegeri Sanatorium *page 299*

CHAPTER XLV. PROJECTED SANATORIA IN OTHER FOREIGN COUNTRIES.

The Sanatorium Movement in Belgium—Bulgaria—Denmark—Egypt—Holland—Italy—Japan—Portugal—Roumania—Spain . . . *page 311*

CHAPTER XLVI. BRITISH COLONIAL SANATORIA.

Sanatoria in Australia and New Zealand—Canadian Sanatoria—The Sanatorium in Cape Colony *page 315*

CHAPTER XLVII. BRITISH INSTITUTIONS FOR POORER CONSUMPTIVES.

London Chest Hospitals and Sanatoria—Homes for advanced cases—Provincial Chest Hospitals and Sanatoria—Provincial Homes for advanced cases—Sanatoria in Southern England—In the Northern Counties—Scottish Sanatoria—Irish Sanatoria . . . *page 318*

CHAPTER XLVIII. BRITISH SANATORIA FOR PAYING CONSUMPTIVES.

Inland Sanatoria in the Southern Counties—Southern Sanatoria on the Coast—Western Counties—Eastern Counties—North of England—Scottish Sanatoria—Irish Sanatoria *page 348*

CHAPTER XLIX. BRITISH NEEDS AND BRITISH RESOURCES.

Mortality from Consumption—Beds for Consumptive Poor in Great Britain and in Germany—Need for Country Sanatoria, Nursing Homes, and Model Villages—Decentralisation—Schools for Delicate Children—Beds for Middle-class Consumptives in Great Britain and in Germany—Need for cost-price Sanatoria—A Forecast . . . *page 393*

APPENDIX.

America—United States—Argentine Republic—Australia—Austria and Hungary—Belgium—Canada—Canary Isles—Cape Colony—Denmark—Egypt—France—Germany—Holland—Italy—Monaco—Norway—Portugal—Roumania—Russia—Spain—Sweden—Switzerland.

LIST OF ILLUSTRATIONS.

FIG.	PAGE
1. PLAN OF THE FALKENSTEIN SANATORIUM	19
2. PLAN OF THE HOHENHONNEF SANATORIUM	19
3. THE ADIRONDACK COTTAGE SANITARIUM	85
4-5. THE LOOMIS SANITORIUM	88-89
6. THE HOME, DENVER	104
7-8. LAS VEGAS SANITORIUM	106-107
9 a-f. THE ALLAND SANATORIUM	121
10. THE DURTOL SANATORIUM	133
11. THE TRESPOEY SANATORIUM	135
12. THE ORMESSON HOSPITAL	140
13-13*. THE VILLIERS-SUR-MARNE HOSPITAL	142
14. THE BREHMER SANATORIUM, GÖRBERSDORF	151
15. DR. RÖMPLER'S SANATORIUM, GÖRBERSDORF	155
16. DR. WEICKER'S SANATORIUM, GÖRBERSDORF	158
17. THE REIBOLDSGRUN SANATORIUM	161
18. DR. LAHMANN'S SANATORIUM. SLEEPING BOX	165
19. DR. MICHAELIS' SANATORIUM, REHBURG	172
20. THE FALKENSTEIN SANATORIUM	178
21-22. THE HOHENHONNEF SANATORIUM	183
23. THE SCHÖMBERG SANATORIUM	197
24. THE ALBERTSBERG SANATORIUM	222
25-26. THE ODERBERG SANATORIUM	227-228
27. THE FERNSICHT SANATORIUM, SULZHAYN	238
27*. THE BREMEN SANATORIUM, BAD REHBURG	247
28-30. THE RUPPERTSHAIN SANATORIUM	253-254
31. THE DANNENFELS SANATORIUM	258
31*. THE KRAILLING SANATORIUM	263
32. TONSAASSEN SANATORIUM, NORWAY	268
33. THE AROSA SANATORIUM	285
34. DR. TURBAN'S SANATORIUM, DAVOS	289
35-36. THE LEYSIN SANATORIUM	293
37. THE MONTANA SANATORIUM	296
37*-39. THE BASEL SANATORIUM, DAVOS	299-301
40. THE HEILIGENSCHWENDI SANATORIUM	307
41. THE NORTH LONDON CONSUMPTION HOSPITAL	321

41 bis.	THE VENTNOR CONSUMPTION HOSPITAL	325
42-43.	THE NORTH LONDON CONSUMPTION HOSPITAL	322-323
44.	THE WESTMORELAND SANATORIUM	: 338
45.	BRIDGE OF WEIR SANATORIUM	342
46.	FORSTER-GREEN CONSUMPTION HOSPITAL	346
47-49.	CROOKSBURY SANATORIUM	350-351
50-52.	HAILEY SANATORIUM	352-353
53-54.	LINFORD SANATORIUM	355-356
55-56.	INGLEWOOD SANATORIUM	364-365
57.	OVERTON HALL, BOURNEMOUTH	366
58-59.	THE COTSWOLD SANATORIUM	370-371
60-62.	NORDRACH-UPON-MENDIP	374-376
63-64.	EAST ANGLIAN SANATORIUM	378-379
65.	THE MUNDESLEY SANATORIUM	380
66.	KNOCKSUALTACH SANATORIUM	385
67-69.	NORDRACH-UPON-DEE	386-387
70-72.	WOODBURN SANATORIUM	388-389
73.	ROSTREVOR SANATORIUM	392
74.	MASSACHUSETTS STATE SANITARIUM	404

NOTE.—The building figured and described at pp. 295-8 as the Montana Sanatorium is now an hotel, and has been replaced as a sanatorium by another building.

CHAPTER I.

INTRODUCTORY.

SANATORIA for consumptives are establishments for the open-air treatment of presumably curable cases of consumption under medical direction, mainly by hygienic and educational measures. They are not intended for patients whose prospects of recovery are small; nor are they intended for non-tuberculous cases, or for those who are merely out of health. Consumptive patients who are seriously ill are better treated in the first instance in a hospital or nursing home, or in their own homes, if these are suitable. Their treatment is quite as much a question of medicine and of nursing as of hygienic measures; and to send them to a sanatorium is to fill up beds which might be more usefully employed in other ways. For the same reason it is inadvisable for a sanatorium to receive people who are merely in need of change of air, as a less expensive health resort, without the special arrangements of a sanatorium, is quite sufficient to restore them to health. Such visitors are only admissible to minister to the comfort or happiness of other patients, or where they have themselves shown a tendency to pulmonary tuberculosis.

The sanatorium is intended to receive the consumptive in any stage which offers a reasonable prospect of recovery, and where there is sufficient power of reaction to render an open-air life possible without mischief. A sanatorium of this kind has therefore a strictly limited though most important function, and is no substitute for the nursing home or hospital, the convalescent home or hydropathic establish-

ment, although it resembles each of these in certain respects. Owing to the necessity of being near centres of population most hospitals—even most consumption hospitals—have been erected in situations which are by no means the best for the hygienic treatment of consumptives. Perhaps if they were to be erected at the present day, many would be placed in more suitable neighbourhoods. Some convalescent homes and hydropathic establishments are quite suitably placed for the open-air treatment of phthisis, and might with a little modification be adapted to this purpose. But the class of visitors which they receive, and in some cases the inadequate provision of shelter against wind and weather, would make it difficult to satisfactorily treat consumptives there. Many of those who go to a convalescent home do not need the special arrangements of a sanatorium. Hydropathic establishments, too, are intended for a widely different class of visitors, whose dietary is often by no means the best for the average consumptive; and in a different way this is also true of hotels and boarding houses in health resorts. Such establishments are primarily intended for the reception of pleasure seekers, whose predominating presence is a serious hindrance to the systematic treatment of phthisical visitors. In a sanatorium the main object is the recovery of health; and for consumptive patients and their advisers this is a sufficiently difficult task, to which everything else must be subordinated.

Sanatoria for consumptives often go through several stages of existence. At first simply health resorts, in which the visitors do whatever seems best in their own eyes without being necessarily under medical advice or guidance; later they become "open sanatoria" for a mixed class of patients, tuberculous and non-tuberculous together, under medical supervision. They are termed "closed sanatoria" when they are entirely under medical direction, and sufficiently complete to provide for all the wants of their inmates; and in many cases a further step is taken by excluding all but phthisical patients. Closed sanatoria

possess great advantages in the treatment of consumptives, who are apt with the best intentions to do most unwise actions, and to be led astray by the example of visitors of a different kind, if they wander from the sanatorium into public roads and resorts. The ordinary amusements of a health resort — theatres, concert - rooms, skating - rinks, casinos and even public-houses—may present fatal temptations to the phthisical in an open sanatorium, whereas this cannot so easily happen in a closed one. There are also great advantages in treating a number of consumptives in the same sanatorium, provided they be judiciously chosen ; for the arrangements necessary for two or three will often suffice for a much larger number, and a corresponding saving of time, trouble and expense is thus effected. Nearly all the more recent sanatoria for consumptives erected in Germany are closed sanatoria, exclusively reserved for such patients. Sanatoria for consumptive children require a slightly different organisation from those for adults. In dealing with patients who suffer from external tuberculosis, a much more bracing and exposed situation may often be chosen with advantage. In this country many such cases are treated at our seaside convalescent homes with the best results, whereas these institutions, with present arrangements, are at certain times and seasons for the most part unsuitable for ordinary consumptives. The medical and surgical requirements in the two sets of cases are also usually different.

CHAPTER II.

CLIMATES FOR CONSUMPTIVES.

IN his recent book on *The Consumptive and his Treatment*,¹ Dr. Léon Petit says : " We are now-a-days convinced that there is no climate, however favoured, which by itself can cure the consumptive". I may add that there is no climate which is equally suited to every case of consumption. People in health differ greatly in their powers of reaction, so that the same climate may be bracing to one which is depressingly cold to another. Amongst consumptives there is an even greater difference to be found. At certain stages, and in some cases, a mild equable climate is essential ; whereas for most of the more hopeful cases, a cool bracing climate will be best, although this must be associated with plenty of shelter against wind and weather. It is a mistake to suppose that consumptives generally do best in warm climates. Pulmonary phthisis runs a relatively rapid course in warm climates ; and patients who have gained weight in winter often lose it when the warmer weather sets in. In this respect England compares favourably with Italy and the south of France. Consumptive patients from the cooler parts of Germany are said to do badly at the Riviera ; and the same thing has been observed of those who go there from the north of France. Some years ago a number of selected cases were sent from the Brompton Hospital to Madeira ; but most of them were no better for their change of climate. A similar result is said to have followed in the case of some hospital patients sent from Manchester to Bournemouth. The health resorts

¹ *Le Phtisique et son Traitement Hyg nique*, Paris, 1895, p. 49.

which have been most successful in the treatment of consumptives are almost without exception places which are cold, or at all events cool, during some part of the twenty-four hours. This is true of Alpine health resorts, elevated tablelands in various parts of the world, German hill sanatoria, and many places with marine or semi-marine climates. Confining our attention to the localities which benefit the more curable cases, we find they possess certain common features which we are justified in regarding as essential. (1) They have a pure air, free from dust and smoke and the impurities which are inseparable from a dense population; (2) they are fresh and bracing, but well protected against cold or stormy winds; (3) they have sufficient fine weather, or sufficient artificial shelter, to render an out-of-door life possible; and (4) they have a dry, warm, well-drained soil. Wherever these four conditions are found, and suitable arrangements can be made, it should be possible to treat consumptives with success. Neither high altitude, dry atmosphere, fine weather, equable temperature, nor abundant sunshine is essential to success, however useful they may be, or desirable in particular cases. Were high altitude an essential, we should not hear of recoveries on the ocean, or in low-lying health resorts. Were fine weather a *sine quâ non*, the remarkable success of the sanatoria in the Black Forest and other parts of Germany would never have been chronicled. Many of these have a moist and chilly climate during part of the year; but patients do just as well at such seasons as during finer weather. Indeed the results are if anything better in winter, and Dr. Dettweiler, Dr. Walther, and other competent observers regard the weather as of little importance. Moist still air is soothing to irritable air passages; intense cold, mountain fogs, snowstorms and the like, need not interfere with treatment if reasonable precautions are taken. The health resorts which enjoy the best climates do not usually possess the greatest amount of shelter from bad weather; but rather those with a variable and indifferent climate. Visitors have been half-

frozen in Italy and Georgia, and chilled with cold winds at the Riviera. Of greater importance than the climate is the use which is made of it; and with the help of artificial shelters this may be independent even of continued bad weather. Consumptives have been cured in the most unlikely climates; and many things point to the conclusion that it is fresh air and medical supervision rather than a fine climate which are needed for success.

This statement is not intended to imply that other climatic characters are of no value; but rather that they are not of paramount importance in most consumptive cases. Alpine climates, for example, are unrivalled in their beneficial influence over certain forms of the disease; but they are by no means universally applicable, and other climates can often with advantage be substituted, for a shorter or longer time. The value of Alpine health resorts depends partly on characters which are common to some other stations. Their power in expanding healthy parts of the lungs can scarcely be found lower down; but their tonic influence, their cool air with a warm sun, their atmospheric dryness and purity, their absence of dust, their freedom from strong wind, are possessed in various degrees by places at lower levels. It is probably easier in Alpine climates to prevent the growth or continued vitality of the tubercle bacillus outside the body, partly because of the large amount of sunshine, partly owing to the atmospheric dryness and the winter coat of snow; but if the sputa are properly disposed of in every case, this becomes of little importance. It is most unwise to indiscriminately recommend the Alps to every consumptive patient. To obtain benefit from such a climate a certain degree of reactive power is essential; and just as many people cannot without previous training get a proper reaction after a cold bath, so it is with an Alpine climate. Douglas Powell indeed has said: "Notwithstanding the enthusiasm with which cold mountain climates have been of late years advocated for the treatment of consumption, it remains certain that those resorts are not adapted for the

majority of patients, as they come before us, suffering from this disease; and perhaps it might with truth be said that a large number of the very cases that do well aloft do equally well in the plains".¹ "In order to reap the benefit of high altitudes, patients must be free from pyrexia, and possess sufficient lung surface to carry on adequately the process of respiration in the attenuated atmosphere."² Those who are markedly febrile, who have feeble circulation, damaged kidneys, double cavities or extensive lung disease, rapidly advancing lung destruction, laryngeal complications, or irritable nervous systems, do badly at Alpine resorts. Even at Reiboldsgrün, which has not an Alpine climate, being only 700 metres (2300 feet) above the sea-level, it has been found that some patients do not progress so well as at lower levels, and Dr. Wolff-Immermann is in the habit of sending away such as do not show decided improvement within the first fortnight. Most of the existing sanatoria are not placed at high altitudes, as will be seen from the tables given at pp. 84, 129, 149, 206, 267, 273 and 283.

In comparison with Davos and the German hill sanatoria, many health resorts at lower levels are at a disadvantage, owing to the absence of proper provision for the hygienic treatment of consumptives. When this defect has been remedied, it will probably be found that they too, as well as others yet untried, have an important part to play in the battle against tuberculosis. The warm low level health resorts of the Riviera have no longer the reputation they formerly had in this respect; and many think that the climates of some parts of the British Isles would be more useful for our countrymen. "There are many places in this country where, on a dry soil and in a sunny sheltered part, on the southern slope of some upland, most of the conditions can be obtained which are now dearly bought and far sought, and often not obtained, in distant parts of the world."³

¹ *Diseases of the Lungs*, 4th ed., 1893, p. 513.

² C. Theodore Williams, *Practitioner*, June, 1898, p. 627.

³ A. Ransome, *The Treatment of Phthisis*, London, 1896, p. 138.

CHAPTER III.

TREATMENT IN HOME CLIMATES.

THERE are some very strong reasons for the treatment of consumptives in their own country.

Many patients are quite unfit to take a long journey ; and this is true very often of quite early stages of the disease. So long as there is fever, or fatigue after slight exertion, or a tendency to free perspiration, a long journey must be full of risk. The presence of inflammatory complications is also a contra-indication, or persistent or recent and copious hæmoptysis. To those patients who cannot afford to travel comfortably, a long journey will always be undesirable. In a long land journey the intermediate halting places will often be of a most unsuitable kind. Average hotel accommodation is far from ideal for a consumptive or delicate patient. The larger rooms in even good hotels are frequently left to ventilate themselves ; the bedrooms may have been previously occupied by visitors suffering from influenza or other infectious complaints. Even hotels which have been specially built for the reception of delicate persons or invalids often leave much to be desired. "It is not too much to say that they are most unsuitable places in which to make an extended sojourn."¹ For dyspeptic consumptives, dietetic treatment is of great importance ; but a suitable diet is often difficult to obtain during a journey.

In a sea journey passengers are greatly at the mercy of the weather. The average cabin is too small and ill venti-

¹ "The Climate of the Dwelling-house," by G. Vivian Poore, *Journal of Balneology and Climatology*, October, 1897.

lated to be suitable for a consumptive patient, who may in stormy weather be much worse off than at home. There is often great danger of chill in passing from the sheltered to the more exposed parts of the vessel in windy weather. In traversing the tropics the extreme heat is ill borne by delicate passengers. The fare on board ship is often very good for healthy people; but for many invalids it is by no means suitable; while the monotony of the voyage and the absence of effective medical supervision lead some to spend an undesirable proportion of their time in drinking and smoking in ill-ventilated saloons. Before we recommend a consumptive patient to take a long voyage, we must take into account his purse, tastes and inclinations, his seafaring capacity, the probability of good weather or the reverse, and his ability and willingness to conform to the necessary hygienic rules.

When the patient reaches his journey's end, it will make a great difference whether he goes to a medically-supervised sanatorium or is left to the tender mercies of chance and his own medical skill. To send a feeble patient to rough it in the colonies is obviously wrong. Equally so would it be to expose him, even in the best of climates, to the temptations of sight-seeing and the injudicious pursuit of pleasure. In either case he would have been far better in his native country. Climate is but one factor in treatment, and accommodation, diet, and above all the use which the patient makes of his time, are at least of equal importance. Without systematic medical supervision, the sojourn in a foreign health resort is nearly always a mistake for a consumptive patient. Dr. Knopf states that in the beautiful climate of Colorado there is an enormous difference in the mortality among consumptives under systematic medical treatment, as compared with those who merely consult a physician when they think it necessary; and the same is borne out by Dr. Solly's statistics.¹ But even if the patient

¹ *Medical Climatology*, London, 1897, pp. 133-141; Knopf, *Les Sanatoria pour la Phtisie Pulmonaire*, Paris, 1895.

can safely travel, and is under medical care, there are still some arguments in favour of treatment in home climates. As a rule (although there are exceptions) it is more expensive to go abroad for treatment; and many patients may consequently have to curtail the time of systematic treatment. National tastes, and even national prejudices, have also to be considered, and the depression which arises when the average patient is separated from his friends and relatives. A more important argument is drawn from the liability to relapse which is shown amongst patients who return to a damp and variable climate from sunnier lands. Many of the foremost physicians abroad are agreed as to the desirability of attempting the cure of consumptive patients in their own country. This is the opinion of Prof. v. Leyden, Prof. v. Ziemssen, Prof. Naunyn, Prof. Senator, Dr. Dettweiler, Dr. Gerhardt, Dr. Fränkel, Dr. Knopf of New York, and others. There was recently a fund started in Germany to establish a sanatorium at Davos for German consumptives of the poorer classes. Germany has no Alpine climates; while patients in the sanatorium at Davos would probably have been under the supervision of a German doctor; yet an influential protest was raised on medical grounds against this mode of attacking consumption, and the fund may eventually be devoted to the establishment of other hill sanatoria in Germany itself.¹

¹ *Heilstätten Correspondenz*, Berlin, Dec., 1897; Jan. and Feb., 1898.

CHAPTER IV.

OUTLINES OF SANATORIUM TREATMENT.

SANATORIUM treatment is based on a careful regulation of each patient's daily life in all its hygienic and medical details. He is gradually trained to stand a life in the fresh air in all weathers, while his tendency to chill is removed by simple hydropathic applications and other common-sense precautions. The nature and amount of his daily exercise are regulated according to the weather, and to his momentary state of health, in an ascending scale, beginning with absolute rest in bed. His food ranges from fever diet to a rich and varied though digestible dietary. Strict precautions are taken to prevent all risk of infection, while the training he receives is useful not only to himself but to the whole community after his departure from the sanatorium. A resident medical and nursing staff assist him in carrying out these daily measures, and are immediately available in case of hæmoptysis, night sweats, catarrhal and other complications. Not that this constitutes the whole duty of the medical and nursing staff. They have to prevent imprudences in some cases, to encourage to perseverance in others; to strictly enforce all essential rules, while they allow sufficient personal liberty in less important matters to prevent the irksomeness of restraint; to suggest harmless and beneficial forms of recreation, while they discourage all those which are likely to do mischief. Mind has a great influence over bodily health, and the stimulus of hope and the encouragement which results from steady

progress and sympathetic attention will count for much in curing the patient.

Those who try to live in the open air in a climate like our own will meet with many difficulties, owing to the absence of special shelters and contrivances for warding off rain and wind while admitting fresh air. The ventilation of rooms even in good-class houses is seldom quite satisfactory; and it is quite exceptional to find an adequate provision of verandahs and covered walks for use in wet weather. Such arrangements may not be needed in very favoured climates, but they are essential in an uncertain or a rainy one, especially in dealing with phthisical patients. Consumptives are very apt to over-heat and under-ventilate their rooms, forgetful or ignorant of the dangers which they thus incur. Graduated and increasing exercise is very useful in quiescent phthisis, provided that it is not allowed to excite dyspnoea or greatly accelerate the heart action. But in febrile or dyspeptic patients who are losing weight, all unnecessary exertion is mischievous, and rest in the open air the only permissible method of treatment. The sanatorium and its grounds have therefore to be arranged with a view to both of these contingencies, and paths provided with every variety of gradient as well as sheltered resting places. Dust and organic effluvia are most injurious to phthisical patients. The former excites useless cough and irritates the air passages, while the latter lower constitutional vitality and foster the growth of tubercle bacilli. To banish dust and dirt, special methods of furnishing and decoration, and still more, special methods of cleansing, are necessary, which are scarcely if ever found in ordinary households. Each of these points will be more fully dealt with in later chapters.

CHAPTER V.

SITES FOR SANATORIA.

A SANATORIUM for consumptives should be placed on a dry soil, in a sheltered situation, with pure fresh bracing air. The best soil is sand or rock, as with a proper fall these are not retentive of moisture, and are consequently soon dry after rain and are warm to the feet. Rising ground should be chosen; with a southerly aspect, and good shelter from hills or woodland against cold or boisterous winds. The question of altitude has already been considered (see chap. ii.). Various elevations according to geographical position have been recommended by Liebermeister, Brehmer, Weber and others. As, however, their reasoning is partly based upon theoretical considerations, it is not necessary to reproduce their figures here. Moreover, as we have already said, many different elevations would probably be needed to suit various degrees of reactive power and lung capacity. The only systematic attempts at sanatorium treatment in England have been at low levels but little above the sea. Nearly all the British health resorts which have a reputation for the treatment of consumptives are on or near the coast. A great advantage of the seaside, also shared by mountain resorts, consists in the recurring breezes which purify the air and increase the bracing effect. Local tuberculoses do exceedingly well on the seashore; but for pulmonary phthisis the immediate and unprotected sea-front is not the best. Dr. Ransome has written in strong terms about the danger of such a situation; and other older authorities—Walshe, Beneke, Fodéré—were equally emphatic. Where the bracing qualities of seaside air are combined with sufficient wind-shelter, consumptives will

probably do well. Individual peculiarities must, however, not be overlooked. There is a great lack of sheltered yet bracing health resorts in this country with provision for the open-air treatment. Some of those which exist are too relaxing in summer; and others which are more bracing are not provided with sufficient shelter. And if the accommodation for consumptives is inadequate on the coast, it is still more so inland, although many suitable spots could be found for the purpose. Where a high hill is available, it by no means follows that the top is the best place to choose. A slightly lower situation is often both more sheltered and less rainy. Cornet of Reichenhall pointed out¹ that there were often strong winds at the top and at the foot of a mountain; and to a smaller extent this may be true of lesser elevations. Blumenfeld recommends for North Germany the south side of a hill 400 metres (1300 feet) high. The French sanatoria for children at Ormesson and Villiers are on a breezy, somewhat unprotected high plateau, 114 to 121 metres (374 to 397 feet) above the sea-level. The local configuration of the land, as well as the geographical position, have a great influence over climate, and would have to be taken into account.

Purity of the air is of paramount importance. For this reason the neighbourhood of a large town or factory is inadmissible, or the presence of organic refuse near by. One of the drawbacks to the treatment of consumptives in popular health resorts is the increasing contamination of the air from growth of population. As Léon Petit says: "We are now-a-days convinced that there is no climate, however favoured, which alone can cure consumption. The places which are free from tuberculosis are those where the scanty population lives constantly in an atmosphere which has not yet been polluted. They attract invalids, and when they become fashionable they have long since lost the qualities which gave them renown."² On the sea coast

¹ Buda-Pesth International Congress of Hygiene and Demography.

² *Loc. cit.*, pp. 49-50.

the water and the sea breezes play an important part in counteracting such atmospheric impurity ; but we have already seen that the near neighbourhood of the sea is not the best for consumptives. No sanatorium should be near a high road ; in dry weather the dust is sure to fly up and increase the tendency to useless cough. A large extent of grass land round the sanatorium is an advantage in preventing dust from rising.

High chalk downs have been recommended by some for the treatment of consumptives. They are, however, open to two important objections. In dry weather the short grass of such land is insufficient to prevent the dust from flying up ; while in wet weather the soil remains cold and damp, and the air above it is apt to be foggy. Where hills are covered with a thick layer of sand or gravel they may be suitable for the open-air treatment, provided the area of pervious soil is sufficiently extensive to influence the atmospheric condition. A gravel patch near a marsh or in an ill-drained depression would be unsuitable. The character of the vegetation is a useful guide to the underlying soil. Where pine trees abound the soil is usually sandy and dry ; and these trees are useful in other ways, as they give more permanent shelter against wind and rain, and are active producers of ozone. Some people also believe that their terebinthinate secretions are curative ; although this is not quite so well established. Dr. C. T. Williams has pointed out that where gorse and heather and short springy turf abound, the locality is usually suitable for consumptives, whereas long rank grass should be avoided. It must be remembered that an underlying stratum of clay may render a sandy soil unsuitable for consumptives. Soil and shelter are the two most important points in choosing the site for a country sanatorium.

But if a country place is the most suitable, it must be reasonably accessible to prevent the need for a long journey. The sanatorium should however not be close to a railway.

CHAPTER VI.

THE SANATORIUM GROUNDS.

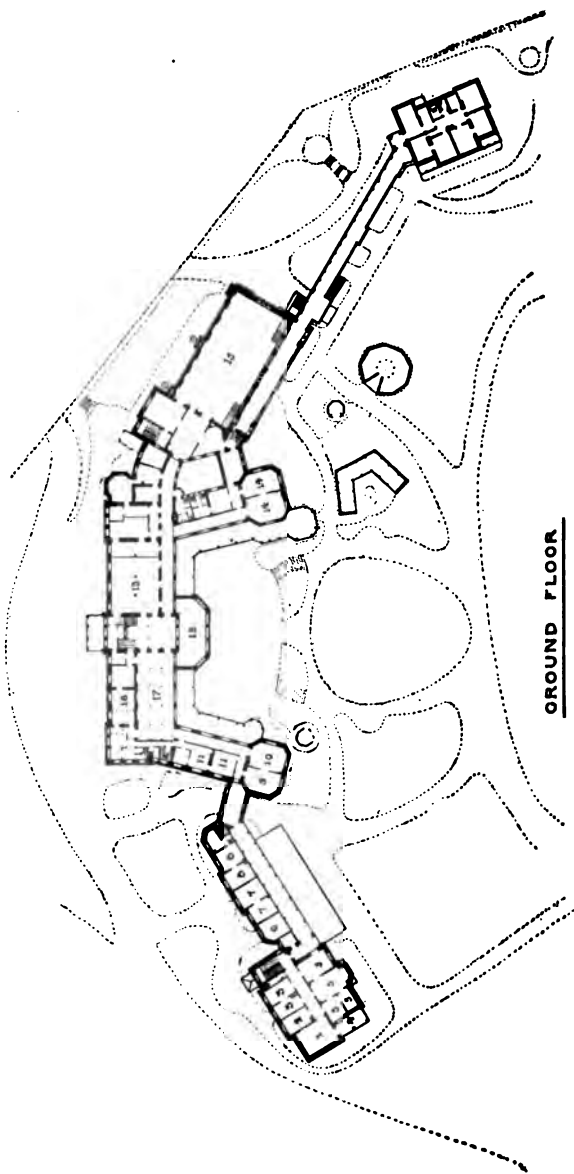
THE acreage required for the grounds of a sanatorium will depend somewhat upon the amount of open public land in the neighbourhood. The grounds of the Brehmer Sanatorium at Görbersdorf amount to about 300 acres; and some of the American sanatoria have very extensive grounds. Land is, however, too expensive in this country for such luxurious proportions; and a much smaller area will suffice if it is of the right kind, and not surrounded with houses or with ploughed fields. Brehmer laid stress on the importance of carefully graduated walking exercise in strengthening the heart of the consumptive; and his results to a large extent justify his contentions. For such a purpose it is necessary to have a reasonable length of level paths, and a number of others at various easy gradients, so arranged that the patient can take walks increasing in length and in difficulty, always returning down-hill to the sanatorium. Since Dettweiler's powerful advocacy of the treatment of consumptives by rest in the open air, the need for systematic exercise out of doors has been somewhat underrated in many quarters; but there is little doubt that facilities should be provided for both; and this view is adopted in some of the best German and American sanatoria. At certain stages, absolute rest in the open is the best treatment; later on, graduated exercise, which should be taken without having to quit the sanatorium for the public roads, as in some states of the weather these may be unfit for consumptives. The

grounds should be freely provided with seats and shelters, and covered walks for exercise in rainy weather. In the Brehmer Sanatorium there are seven kilometres (four and a half miles) of walks, and a seat every twenty paces, besides large winter gardens and shelters for wet weather. Trees—preferably evergreen—should be so arranged as to give shelter against wind while they permit the free access of sunshine and air. In these comparatively sunless islands, every ray of sunshine should be utilised to the utmost; for if it be not essential to recovery, it is always grateful to chilly subjects, and the best of nature's disinfectants. In a country sanatorium, stables and other outbuildings are a necessity. They should, however, be placed at a distance from the patients' haunts.

CHAPTER VII.

CONSTRUCTION, DECORATION AND FURNITURE.

THE main facts to be borne in mind are, that the sanatorium is for the open-air treatment of patients, that every part should be extremely well and independently ventilated, readily cleansable without raising dust, and, as regards the patients' quarters, freely open to the sunshine, while sheltered from wind. It is conducive to economy, both in construction and in management, to have a building which is concentrated on a relatively small area. From a purely medical point of view it would be best to have a series of scattered but intercommunicating buildings of few storeys. Existing sanatoria fall into two extreme groups, representing these two ideals, with various intermediate forms. On the one hand we have such a building as Dr. Römpler's at Görbersdorf, or the main building at Reiboldsgrün, or at Leysin; on the other we have the Cottage Sanatoria at Nordrach in the Black Forest, the Adirondack and Loomis Sanitaria in America. One of the chief difficulties in designing a sanatorium for consumptives consists in the advisability of providing a sunny aspect for every patient's bedroom. In an ordinary hotel or boarding-house the rooms may face every point of the compass; they often block the ends of corridors; while space may be further economised by arranging many rooms round the sides of a hollow square. But such an arrangement is inadmissible for a sanatorium. The plan adopted at Falkenstein is that of a central five-storey building with diverging wings, protecting a terrace round which are placed the deep verandahs for fresh-air treatment. Diverging at a still more open



GROUND FLOOR

FIG. 1.—THE FALKENSTEIN SANATORIUM.—GROUND PLAN.

1. Board Room.
2. Visitor's Room.
3. Rooms for the Staff.
4. Verandah.
5. Consulting and Waiting Rooms and Laboratory.

6. Lavatory.
7. Mortuary.
8. Gardener's Quarters.
9. Library.
10. Billiard Room.
11. Visitor's Rooms.

12. Winter Garden.
13. Reading Room.
14. Conversation and Music Rooms.
15. Dining Saloon.
16. Office.
17. Winter Garden.

[Face page 19.]

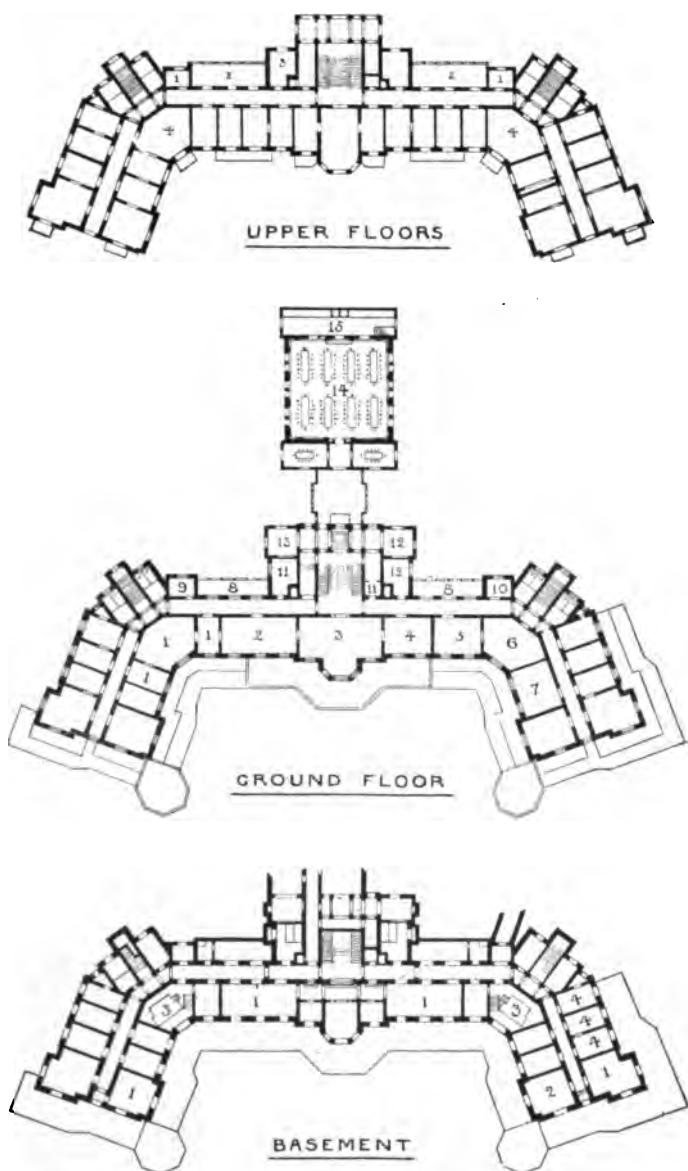


FIG. 2.—THE HOHENHONNEF SANATORIUM. [Face page 19.

THE HOHENHONNEF SANATORIUM.

Basement :—

1. Cloakrooms.
2. Inhalation Room.
3. Heating Apparatus.
4. Douche Rooms.

Ground Floor :—

- | | |
|----------------------------------|------------------------|
| 1. Consulting and Waiting Rooms. | 8. Cloakrooms. |
| 2. Winter Garden. | 9. Servants' Room. |
| 3. Reception Room. | 10. Nurses' Room. |
| 4. Reading Room. | 11. Hairdressing Room. |
| 5. Ladies' Room. | 12. Office. |
| 6. Music Room. | 13. Post Office. |
| 7. Billiard Room. | 14. Dining Saloon. |
| 15. Serving Room. | |

Upper Floors :—

1. Nurses' Room.
2. Balcony.
3. Small Kitchen.
4. Rooms for Convalescents.

angle are covered corridors (one open to the weather), which lead to later-built annexes. Immediately behind one of these corridors is the separate large dining saloon, which is over the kitchens (see fig. 1). The same plan has been adopted at Hohenhonnef, with the exception of the lateral corridors and annexes, and the position of the dining saloon (see fig. 2). In such an arrangement nearly all the parts used by patients are on the south side. At Hohenhonnef, for instance, the verandah is placed in front of the basement, which is occupied by cloak-rooms, store-rooms, and the like. On the floor above are the reception-rooms; above this are placed the chief of the patients' rooms on three floors, a few more being situated on other aspects in the wings. Such tall buildings make a lift almost a necessity, although at Falkenstein this has not yet been provided. Another possible drawback is that each floor is apt to ventilate into the one above, unless special precautions are taken.

In the cottage sanatoria, on the other hand, most of the buildings consist of just two (or at most three) storeys—a ground floor, which may be occupied by reception-rooms or (if raised and damp-proof) by some of the patients' bedrooms. The kitchen and its adjuncts would form a separate building, and there would also often be a recreation pavilion. This is an ideal plan where land and material are cheap, and there are plenty of suitable spots for a number of buildings, and the weather is fine during most of the year. Where these conditions are not present some compromise between the two systems must be adopted, or at all events the buildings must be connected by covered ways. The cottage system is the more convenient for isolating such patients as may catch an intercurrent infectious disease; and also for grouping patients according to the form and stage of disease where there is much diversity in this respect. It is however more expensive and more difficult to supervise.

Verandahs and covered balconies are an essential part of every sanatorium for consumptives. These should be so arranged as not to darken the patients' rooms. Glass

roofs will often be a help in this respect; or the verandahs may be placed at a lower level or to one side, as at St. Blasien and at Ruppertshain (see fig. 29, p. 254). There should if possible be at least one verandah or summer-house with a northerly aspect for use during hot weather, which may otherwise be exceedingly debilitating to phthisical patients. To properly shelter the patients, the verandahs should be twelve feet wide or more. In rainy climates they should be provided with movable glass screens, as at Hohenhonnef and the Adirondack Cottage Sanitarium. It would be a great convenience if the verandah floors could be warmed in winter. They should in every case be sloped, to throw off moisture.

The kitchens should be placed at a distance from the haunts of the patients, to prevent loss of appetite from the smell of cooking. Where this is not possible, they must be cut off by ventilating lobbies and corridors. Cloak-rooms and lavatories should be readily accessible to patients on their way from the grounds to the dining-saloon to prevent unnecessary fatigue, and the cloak-rooms should have hot pipes or drying cupboards for damp clothes. In other respects the buildings must be constructed according to the accepted rules of hygiene. Dry foundations are of course essential, as well as adequate provision of suitable closets, bath-rooms and the like. Most of the German sanatoria contain a douche-room, which may be placed in a lower floor on the northern side. At Nordrach there is a douche apparatus in each of the bedrooms. In some sanatoria this method of treatment is not even used. The provision of baths in foreign sanatoria is sometimes inadequate, although there are notable exceptions. Waste pipes from lavatories and bath-rooms become almost as foul as soil pipes from water-closets. They should therefore be placed in built-out pavilions, and be as short as possible. It would be an improvement to provide for their cleansing by mechanical means, as this is not properly accomplished by even a powerful flush of water.

The ventilation of rooms should be as perfect as possible. It is quite impossible to rival the open air in its purity, but as near an approach should be made as is practicable. The ordinary allowance of 3000 cubic feet of air per head per hour is often regarded as a "counsel of perfection"; but for open-air treatment this is not sufficient. With open windows and open chimneys or ventilating shafts, more than this can be provided even in winter as soon as patients have learned to stand a very moderate degree of cold. Dr. Ransome states that at the Manchester Consumption Hospital as much as 18,000 cubic feet per head per hour was often provided;¹ and with the help of special arrangements there should be no difficulty in improving upon the ordinary standards of indoor ventilation, high as these are above those observed in most of our private houses and hotels. In many continental sanatoria the windows are kept open in all weathers and seasons for the whole twenty-four hours. Where the climate is variable, special shutters are often provided (as at Ruppertshain Sanatorium) which let in air while they exclude rain. Small glass screens might be arranged for the same purpose. Some sanatoria have double windows. This is unnecessary and may be mischievous, as they can be of no use unless the windows are shut. Even in Alpine sanatoria it is doubtful whether they are necessary. All windows and shutters should be so constructed as not to clatter when the wind blows. I have known it to happen that with ordinary fittings no sleep was obtainable until the windows were shut. Abundant light should be admitted into all the rooms, and all those used by the patients should admit the sun's rays during part of the day. The main front of the building should therefore be south, south south-east, or south south-west. People are apt to forget that the eastern side of a house receives more sun than the west, especially in hilly districts. If there is adequate shelter against east winds,

¹ Weber-Parkes Prize Essay, London, 1898, p. 73.

the east side may quite properly be used for some of the bedrooms. In summer time it is unpleasant to have the hot noonday sun streaming into the room. A direct southerly aspect is therefore not so good in summer for any patient who is confined to his bed. This difficulty may, however, be overcome by wheeling the bed on to a balcony or verandah with a different aspect; and in the same way a cold aspect may be rendered suitable for a patient in winter. In such cases the bedroom would be used solely during the night. In the main building at Nordrach, the noonday sun falls aslant along the roof in summer, but shines into the bedrooms in winter.

According to Trelat (Buda-Pesth International Congress) the light on a dull day indoors should be at least equal to that of ten-metre candles. At least half of one side of each room should consist of window space. Many people cannot sleep unless the bedroom be darkened. This should be effected by the outside blinds rather than by thick curtains, which are apt to hold the dust.

Artificial lighting should be by electricity, as other methods add to atmospheric impurity. At Hohenhonnef even the open-air verandahs and shelters in the woods are lit by electricity. More primitive methods are however employed in some otherwise good sanatoria.

The cubic space is of less importance than the size and position of the ventilating openings, although, of course, within certain limits the larger the rooms are made the better. The large dormitory at the Villiers Sanatorium for children (p. 141) contains over 4200 cubic feet per head. At Hohenhonnef none of the patients' rooms are smaller than 2470 cubic feet. At Nordrach, where very good results are obtained, they average 1500 cubic feet. At Albertsberg and Oderberg (both for the artisan class) from 1200 to 1400 has been allowed. Patients in sanatoria spend most of their time out of doors, so that with adequate ventilation 1500 cubic feet should suffice, with a minimum of 120 to 150 square feet of area in the bedrooms. Heating in the

continental sanatoria is usually by low-pressure steam, which is probably the cheapest method and one of the most easily regulated. Charring of dust particles by contact with the heated pipes may be prevented by reasonable care. In some cases hot-water pipes, closed stoves, or, in America, open fires are employed. On the continent chimneys are by no means always present in all the bedrooms, although they are usually provided in the newer sanatoria for paying patients. The absence of a chimney or a corresponding air-shaft is of course a great drawback. Open fires are most admirable ventilating contrivances. They are, however, relatively expensive; they demand more attention from servants, and there is a little risk of dust blowing about in windy weather. Closed stoves must be very carefully constructed to be admissible in a sanatorium. In the Adirondack Cottage Sanitarium the patients' rooms open out of a common sitting-room, being separated by an incomplete wall seven feet high, the part next the ceiling being open, and the doors having a ventilating space below. This considerably increases the air-space, and makes it easier to ventilate in doubtful weather without draught. Where the incoming air is warmed, care must be taken not to overheat it. The temperature in some of our consumption hospitals is often too high for consumptives, although suitable for ordinary bronchitics. This is one of several reasons for separating the different kinds of patients in chest hospitals. At the Loomis Sanitarium the winter temperature in the bedrooms at night is kept under 40° F. It is highly desirable that each room should be capable of being ventilated from more than one quarter, according to the direction of the wind. It is essential that they should be flushable with a direct current of fresh air. This is the chief reason why the bedrooms of a good sanatorium are arranged in a single row with a corridor behind. The windows of the corridor should be opposite the door of each bedroom. In summer time ventilation may be greatly improved by removing the doors. With the bed in a

sheltered position both door and window may often be safely left open. For the sake of privacy, and to check the too rapid passage of air, skeleton doors with permeable centres may be substituted for the solid ones. This has been done at my suggestion by Miss Jane Walker, M.D., in a small sanatorium in Norfolk under her supervision, "greenhouse shading" of double thickness being used. The material should of course be removable for periodical cleansing. A similar contrivance may with advantage be adopted where the windows do not reach the floor, the permeable screen replacing the wall below the window frame. The inlet may in this case be made smaller outside than in, on the principle of Ellison's perforated bricks. With a wind screen an amount of ventilation will often be possible which would otherwise not be tolerated. At Nordrach draughts are entirely disregarded. It is worth remembering that a draught often disappears when the ventilating inlet is enlarged.

Every part of the sanatorium should be so constructed as to facilitate cleansing. Corners should be rounded, and unnecessary ledges avoided. The floors may be of polished wood, or painted, or covered with linoleum. Cracks and joins should be as far as possible avoided. By waxing, the cracks may be often filled in. A paraffin composition is also used for the same purpose. In bath-rooms, kitchens and corridors, cement, artificial stone, or tiles may be used ; but these are less suitable for parts which cannot be well warmed. At Sülzhayn many floors are made of "torgament," a kind of cement which unites with wood or iron, and has incorporated with it wood shavings, so that it is both cleanly and warm to the feet. Walls may be lime- or colour-washed ; or panelled with wood and varnished, oiled, or painted ; or covered with lincrusta or other washable materials. If wooden panelling be used, cracks must be carefully avoided. Cement walls, as in most of our hospitals, would be quite suitable. In some continental sanatoria wall paper is used, but this is not advisable unless it

be washable. In the Basel Sanatorium at Davos an excellent linen-backed washable paper is used. Silicate paint and other impermeable coatings might be useful in covering inner walls. The ceilings in most continental sanatoria are white-washed or colour-washed, and free from mouldings. At the Maria Sanatorium at Halila in Finland they are panelled with wood; and the same has been done at Nordrach. In planning a sanatorium, care should be taken to place all noisy portions at a distance from the patients' rooms and resorts. Even apart from this reason, it would not be advisable to place the kitchen department, scullery and servants' quarters, next the open-air verandahs or bedrooms. In the "Home" at Denver, the walls are made extra thick and solid in order to prevent one patient from being disturbed by another's coughing. But in a sanatorium it is chiefly the early cases that would be received, and by suitable training, together with simple harmless remedies, all unnecessary coughing can in such patients be usually prevented. Moreover, where this cannot be done, as the windows have to be kept open, the sounds would still travel from room to room. A large building with long bare corridors is very difficult to keep quiet. Many of our otherwise admirable hospitals fail lamentably in this respect. Where thick curtains are permissible, these will help to prevent the echoing sounds from travelling; but in a sanatorium for consumptives this is not advisable, and in any case it adds to the work of management. At Hohenhonnef the bedrooms are provided with double doors to shut out the noise. A well-planned smaller building has a great advantage in this respect.

But few common rooms need be provided in a sanatorium, as it is advisable to encourage patients to stay out of doors. Recreation pavilions and the like should be open-air structures; and even the dining saloon may be usually kept open along one side. In an English sanatorium it would be idle to slavishly copy any of the foreign institutions. Climate and national customs and prejudices have

to be considered ; and what is suitable in sunny Colorado or snowy Switzerland would be out of place in this country. The Alpine sanatoria have to be made on a more concentrated plan than those in the Lowlands, in order to economise warmth ; and verandahs, which leave rooms sufficiently lighted abroad, would sadly darken those in our less sunny country. The class of patients for whom the sanatorium is designed will also somewhat modify the plan of construction. Every sanatorium should be suitably provided with drug-room and laboratory for bacteriological and other work. Most of the more recently constructed ones have a room with apparatus for radiographic work. There should be means for isolating and nursing the graver cases, and a room available for use as a mortuary in case of need, even though only early cases are admitted.

The furniture of the sanatorium should be light and free from unnecessary ornamentation or dead space ; the heavier articles readily movable for cleaning purposes and capable of being cleaned all over, as well as the floor on which they stand. If stuffed furniture is used, the stuffings should be removable, or else kept covered with washable covers. Leather-covered lounge chairs would, however, be unobjectionable ; but saddlebag covering is unsuitable. Bentwood cane chairs are good. For the open verandahs and summer houses the most convenient couches are adjustable cane ones, convertible into chairs by removal of the foot piece. There is no reason why they should not be provided with comfortable cushions, provided these have washable covers. Tuberculosis is not like scarlatina in its infectious properties. It has been suggested to me that the furniture should be capable of being "stoved" *en masse* ; but this would necessitate a very expensive method of construction, or a great lack of comfort, and appears to me quite unnecessary. Carpets, mats, curtains and other hangings should be only sparingly used. The carpets should be in movable strips, with a free margin of floor around the room. Hairy mats and long-pile carpets are not advis-

able. Skins are also best avoided, as leather is not easy to disinfect by heat without damage. Screens and hangings need not, however, be entirely banished, as they are useful in preventing draught and noise, and if of washable materials are otherwise unobjectionable.

Plain iron bedsteads are the best kind for a sanatorium. In some of the continental sanatoria horsehair mattresses are used with covers to button, so that the contents can be taken out and separately sterilised by heat. At Sülzhayn (an institution for those with small incomes) the horsehair is mixed with one-third sisal fibre, which is springy and clean, and considerably cheaper than horsehair. The pedestals are often made of open japanned ironwork with a glass top, which is better than the usual wooden kind. As it is undesirable to have bags and boxes in the bedrooms, cupboards or wardrobes of some kind are necessary. In some sanatoria these are placed outside in the corridors. Cupboards encroach less upon the cubic space of the room than wardrobes. Their floors should not be sunk below the floor of the room, and the interior should be made as carefully as that of the room itself. The chief objection to their presence is that they may escape the daily cleansing which is so important for every part of the room. Boots and shoes (beyond those actually in use) are best kept in a special well-ventilated boot-room. Outdoor clothing can be kept in one of the cloak-rooms. For washstands, a choice may be made from several of the ordinary types of marble-topped or japanned iron ones. It is customary in many of the sanatoria for the poorer classes for all personal ablutions to be done in lavatories or bath-rooms. At the projected sanatorium at Mont Bonmorin (p. 136), no decorations or pictures are to be permitted beyond those painted on walls and ceilings. Elaborate picture frames and intricate ornaments are, of course, unsuitable for a sanatorium; but the ~~simplest~~ ^{simple} kinds may quite safely be admitted under good management, although they add to the work of the establishment.

CHAPTER VIII.

CLEANSING AND DISINFECTION ; SEWERAGE AND WATER SUPPLY.

ALTHOUGH tuberculosis belongs to the infectious diseases, it is probably the easiest to prevent from spreading. Simple cleanliness alone will go a long way to prevent its extension to other people ; so that many were doubtful whether it was really infectious, until Koch and others proved it to be so. The consumptive in all but the earliest stages is, however, a source of danger to those around him, unless he adopts certain simple precautions. The danger lies not in his breath, but in what he coughs up. It has been calculated by Hiller that there may be as many as 300,000,000 tubercle bacilli in each expectorated morsel of 3 c.cm. Were these sputa to be allowed to dry and mingle with the dust, they would constitute a serious danger for every susceptible person who happened to inhale them. Nor does the danger stop here ; for Ransome has shown that the bacilli are capable of growing in ordinary temperatures on damp wall-paper, especially in presence of organic effluvia from the breath or the soil. Fortunately, sunlight and fresh air are most efficient disinfectants ; and if the sputa are received into suitable receptacles and destroyed before they dry, there can be no possible danger (see also p. 65). In most continental sanatoria Dettweiler's portable spitting flasks are used by the patients ; various kinds of spittoons are also employed indoors, and at Falkenstein are placed about the grounds. This latter plan is however likely to defeat its own ends. Dettweiler's flask has

done most important services, but is too complicated to be perfect, and is rather expensive. Spitting flasks with one opening should have it large enough to admit of proper cleansing by mechanical means as well as by boiling. They should be free from corners and angles and cracks, preferably of one material throughout the interior, so that no junctions exist in which dirt might accumulate. They may with advantage be opaque or semi-opaque. They should be readily opened, but not liable to leak; and should be of a convenient shape and size for the pocket. Spitecups for the bedside or shelf should not be readily upset. They might with advantage be made with hingeless automatically closing lids. Spittoons for the floor should never be used in a sanatorium. In some continental establishments elegant vases of coloured glass are placed instead of spitcups on shelves in the reception rooms, and on the pedestals in the bedrooms. Another method, adopted in some American and German sanatoria, as well as in England, is to use cuspidores with paper linings, which can afterwards be burnt.

Handkerchiefs of the ordinary kind are banished from most sanatoria; in some, however (*e.g.*, Sharon Sanitarium), patients are allowed to use them, keeping them in india-rubber pouches, and frequently changing them. Detachable linen linings to the pockets would answer the same purpose as these pouches. It is often difficult to induce patients to use spitting flasks; and in any case, it is often necessary to have something for wiping the mouth. For such purposes Japanese paper-handkerchiefs are convenient, as they are cheap and tough, and can be readily burnt. They may also be used instead of napkins at dinner-time. At Falkenstein each patient has his own linen napkin at table, in a linen pouch marked with his number; but the other plan is preferable. Bedridden patients should not be allowed to keep handkerchiefs under their pillows or under the sheets, but in some cleansable receptacle outside the bed. Whatever method is adopted, it is most essential

would require a larger area of land ; but the waste water from kitchens, etc., would in any case be applied to the land in some way.

That a pure and abundant water supply is necessary at a sanatorium is obvious. For the douche a pressure of one atmosphere is advisable, and a temperature of 10° to 14° C. at all seasons ; but in many sanatoria the douche is not employed, being replaced by cold ablutions and cold frictions.

CHAPTER IX.

THE FRESH-AIR TREATMENT.

AN open-air life is the keynote of sanatorium treatment. The patient, instead of being kept in a carefully warmed room ventilated from other parts of the house, according to the popular notions of old, lives in the open air from morning till night, at all seasons and in all weathers. Lack of fresh air is the greatest predisposing cause of consumption; fresh air is the most potent means of restoring him to health.

Now this prescription is very easy to carry out in dry climates such as those of Egypt, the Alpine health resorts, South Africa or Colorado; but requires special arrangements and special precautions in a damp and rainy climate. The credit of showing how this may be accomplished belongs mainly to Brehmer, Dettweiler and their followers. The open-air method may perfectly well be carried out in any climate which is healthy for those who are not consumptive. As Léon Petit observes: "Here the climate may help the cure, . . . there it may hinder it; but it only exerts a secondary influence on the treatment".¹ Moreover, just as the pleasantest climates are not always those which are best for healthy people,² so it may be that the most pleasant climates for an out-of-door life—where the air

¹ *Loc. cit.*, p. 49.

² Hermann Weber and Michael G. Foster, article in *Allbutt's Syst. of Med.*, on "Climate in the Treatment of Disease".

is warm and dry, and little rain falls—are not the best for those consumptives who have later on to return to a less favoured place. It is bracing climates rather than warm and equable ones which have the greatest influence in restoring the consumptive to health, in all but exceptional cases.

For the open-air treatment, a fourfold shelter should be provided against wind, excessive cold, extreme sun heat and rain. Wind raises dust, increases cough and dyspnoea in consumptives, and intensifies the chilling effects of cold. The foreign sanatoria with few exceptions have both natural and artificial shelter against wind. Cold within certain limits is useful to the consumptive; but it should be a windless cold, and suited to the individual power of reaction. As damp intensifies the climatic effect of both heat and cold, the chilly consumptive will be able to withstand a lower temperature in a dry than in a humid climate. Protection against rain and snow will seem to most people an obvious necessity, although at Nordrach rain is often disregarded. It is not enough to provide resting places in the sanatorium which are protected against rain. At certain stages exercise is imperative, and sheltered paths and open covered corridors are needed for exercise in rainy weather. At Falkenstein there is such a corridor 200 feet long.

In places where the sun's rays are very powerful, as at Canigou in the Pyrenees, direct exposure to the sun is found to increase the tendency to fever. Even at Hohenhonnef on the Rhine, which is not far south, a large verandah has been provided which in hot weather can be artificially cooled by a stream of water. Protection against wind and weather is afforded in most sanatoria by large verandahs, which may be fitted with movable glass screens, as at the Adirondack Cottage Sanitarium. In our own climate it would be useful to have a verandah with a hollow floor which could be warmed, as cold and damp can be much more easily borne if the feet are kept warm. Other simpler ways are the provision of hot bottles and warm clothing. Recumbency

also helps a chilly patient to keep warm, the blood circulating with less cardiac effort in this position. According to Dr. Weicker and Dr. Jacoby the recumbent position also favours the flow of blood to the apices of the lungs. In most foreign sanatoria summer-houses or sun-boxes are also provided; at Falkenstein, some of these can be rotated according to the direction of the wind. Dr. Burton-Fanning, in his experimental sanatorium near Cromer, has modified the well-known shelters of our sea-side resorts by providing them with reversible glass screens (see *Practitioner*, June, 1898, and *Lancet*, March, 1898).

Patients who begin their open-air treatment in wintry weather usually need a short period of acclimatisation, during which the time and extent of exposure are gradually increased. Evening air is not found to be injurious to such patients as are trained to an out-of-door life; and they are provided with artificial light so as to be able to sit out after dark and read their books and papers, even where the climate is moderately humid. Rest out of doors in the verandahs is practised in all but the coldest, wildest weather. Thus at Falkenstein, patients have been able to stay out of doors even during thick fog, during snowstorms, and when the temperature was 10° or 12° C. below freezing. As many as 40 per cent. were able to stay out seven hours or more; and 6 per cent. could stay out ten or eleven hours a day.¹ Blumenfeld, at the same sanatorium, made an elaborate investigation of the number of patients confined to their bedrooms under various meteorological conditions, and could find no noticeable difference, except during the prevalence of north-east winds.² This is somewhat remarkable when it is remembered how readily an untrained consumptive becomes chilled. It is no doubt in part attributable

¹ P. Dettweiler, *Die Behandlung der Lungenschwindsucht in geschlossenen Heilanstalten*. Second edition. Berlin, 1884.

² F. Blumenfeld, *Ueber den Einfluss meteorologischer Vorgänge auf den Verlauf der bacillären Lungenschwindsucht*.

to the still air usually prevailing at Falkenstein, but largely also to the careful individual training and attention to details.

In many German sanatoria there is a systematic application of a simple kind of hydrotherapy, which trains the skin to withstand changes of temperature. At first, patients are rubbed with a dry sheet; then with spirit; then with spirit and water; in the next stage a wet sheet is used; and in those who are sufficiently prepared, cold sponging and douching. A divided cold douche acts as a powerful stimulant to the skin, and through it to the rest of the body, increasing the tissue changes, improving circulation and digestion, as well as the tone of the skin itself. Its stimulating properties depend within certain limits on its coldness, and the force and sub-division of the stream. It was formerly much used in sanatoria for consumptives, but owing to some bad results in a few cases, has been less and less employed, being only occasionally used in some sanatoria and not at all in others. If used at all, it should only be applied for a very few seconds. The other simpler applications are not open to the same dangers, and, although less powerful, are probably sufficient in most cases. There is a strong objection at Falkenstein to the use of hot baths, which are only occasionally permitted, and never very hot or for more than a few minutes. The contention is that such baths relax the skin and debilitate the patient. But the experience of very hot baths in Japan and elsewhere would seem to prove that they may have stimulating effects. The matter is one which should be decided by individual experience rather than by *a priori* reasoning. At Nordrach, afebrile cases are allowed to freely douche themselves with water of any comfortable temperature; but are enjoined not to actively dry themselves.

The clothing of consumptive patients should be no thicker than is necessary to keep them warm. More than this relaxes the skin, and increases the tendency both to

profuse perspiration and to catching cold. The clothing should be evenly distributed, and not too heavy. It should not hamper the movements of the chest. Woollen garments are usually recommended next the skin, mainly because, by their hygrometric qualities, they keep the skin dry. Dr. Walther, however, prefers a less irritating material for underclothing; and there is something to be said for his contention.

CHAPTER X.

REST AND EXERCISE.

IF the fresh-air treatment merely consisted in letting every patient rest in the open air, or follow his own inclinations as to the amount of exercise, it would be an exceedingly simple matter, scarcely requiring medical supervision. But the essence of Brehmer's and Dettweiler's methods is the elimination of haphazard treatment and the prescription of absolute repose or of various degrees of exercise according to definite medical indications. Patients who are febrile must be kept at rest ; if persistently febrile or with high temperatures at night, absolute rest in bed is needed, windows being kept open, or the bed wheeled on to the balcony according to weather and season and other indications. Where there is only moderate pyrexia during part of the twenty-four hours, they may be allowed to come on to the verandah and rest there on reclining chairs. In this way the fever is usually reduced, and the appetite and other symptoms improve. Another class of patients who are best kept at rest are the decidedly dyspeptic, and those who are rapidly losing weight. If the nutritional income is less than the expenditure, the latter must be as far as possible reduced. The same is true of those who are very anæmic or very feeble.

In all other cases exercise is needful, according to an ascending scale. We may begin with passive motion, or very gentle massage, followed by resisted movements in the recumbent position. After this, very gentle walking exercise may be tried, at first restricted to a few yards at a time on level ground. As the invalid gets stronger the length of his walk is gradually increased ; he then attempts a gentle

uphill walk ; and in time he is able to take long walks up even steep hills with advantage. He is however never allowed to walk quickly ; about two miles an hour is a very good regulation pace for most. He must never put himself out of breath by his exertion, and should stop directly he begins to feel fatigued. Prolonged fatigue, profuse perspiration from the walk, a decidedly raised pulse rate or respiratory rate show that the exercise has been too much. If patients come in chilled from their walk, brisk friction with a warm towel, or a little digestible warm food, will often set them right. With few exceptions patients should rest for half an hour or more before every important meal and for an hour after. The most active exercise is best taken in the morning.

The same rules must guide us as regards the occupation of the patients. Sedentary occupations which contract the chest are usually forbidden : in German sanatoria knitting and sewing are not allowed, for this and other reasons. Indoor occupations must be restricted as much as possible ; but with a little management many things usually done indoors may be carried out in the open air. Thus periodical concerts, recitations, tableaux vivants, and amateur theatricals may take place out of doors during a great part of the year. At some sanatoria there are fortnightly social evenings ; at others, various societies for reading, music, chess, and other quiet games, or for botany, photography, and other scientific or artistic pursuits, are formed amongst the patients. Nearly all the continental sanatoria have well-stocked libraries ; and as verandahs and summer-houses are lighted up after dark patients can read out of doors until bed time. Fairly robust patients may be allowed to indulge in outdoor games. Croquet is often permitted ; tennis is looked on with less favour, as it is seldom advisable, until convalescence is far advanced, to exert the arms too freely, owing to their close connection with the chest. Damaged parts of the lung should as far as possible be kept quiet, although it is useful to freely expand the sound parts when the disease is quiescent. Sledging is a recognised amusement at the

Alpine sanatoria; but this, and still more skating, are somewhat risky for most patients. Gentle cycling on level ground involves far less exertion, and may more often be permitted. Quiet drives are also often permissible. Walking however is the most universally applicable form of exercise, as soon as there is no more fever.

When the disease is quiescent many authorities lay stress on the value of respiratory exercises, which consist mainly in methodical deep inspirations together with simple arm exercises calculated to expand the chest. Waldenburg's pneumatic cabinet is occasionally employed for similar purposes. At the Colorado Sanitarium systematic gymnastics are a recognised method of treatment for convalescent consumptives. Without careful supervision, however, these methods might easily do more harm than good.

In the earlier stages of treatment rest is far more important than exercise; and this should include mental as well as physical repose. Mental activity necessarily involves expenditure of energy which is needed for the repair of damaged lung tissue and the restoration of constitutional strength. Those who are familiar with the Weir-Mitchell method of treatment will know the importance of economising strength in feeble patients by the avoidance of emotion and of active exertion of all kinds. For this reason it is better to abstain from all business, especially of a worrying nature. At Reiboldsgrün exciting books are marked with a star and forbidden to febrile patients. At Nordrach mental repose is persistently aimed at, the visits of friends and relatives being discouraged. As soon as fever has completely disappeared the patients take walking exercise regardless of rainy weather; but are only allowed to go in small parties of not more than three or four. The reputation of Dr. Walther stands so high that one cannot regard such rules as of no account; but they seem to be somewhat unnecessarily stringent. Still it is impossible to forget the effect of "visiting day" in raising temperatures amongst the inmates of a general hospital; and such precautions are based upon perfectly sound principles.

CHAPTER XI.

DIET IN THE SANATORIUM.

THE food of consumptive patients must conform to the ordinary rules of dietetics. It must be of a mixed character, containing representatives of the different classes of food stuffs; it must be digestible, appetising and varied; it must be sufficient to nourish without overloading the stomach; and it must bear some relation to the loss of tissue and energy resulting from exercise and other circumstances. It must also to a certain extent be suited to the national and individual tastes and customs, and be directed by the results of experience, both of the physician and the patient.

All these matters should be taken into consideration by the medical director of a sanatorium, who should settle the daily *menu* in consultation with cook or housekeeper, take his chief meals with his patients and notice how they fare, and introduce suitable modifications to suit individual requirements.

The proportions of food stuffs advisable for the majority of early consumptives who are not dyspeptic do not greatly differ from those required in health. As, however, there is a tendency to rapid loss of weight, and the need for rapid constructive metabolism, there should be a relatively large proportion of easily digestible nitrogenous food and fat. Milk, butter and cream are convenient for such purposes, and figure largely in the dietaries of sanatoria abroad. The milk should be obtained from tuberculin-tested cows, as a large proportion of our milch cows are affected with

tubercle, and in some cases yield contaminated milk. Where the supply cannot be controlled, the milk should be boiled before being used; but it is believed by some authorities that it thereby loses some of its useful properties. However, at Oderberg none but boiled milk is given, although it comes from carefully tested cows, on the ground that the patients are more likely to continue the precaution after their return home. Consumptives in an early stage are very subject to constipation. For this and other reasons, ripe fruit and vegetables should figure largely in their daily diet. Consumptive patients are apt to be fastidious, and often suffer from loss of appetite, so that the food must be supplied in a palatable and appetising form, sufficiently flavoured and sufficiently varied to tempt the palate without offending the eye or upsetting the digestion. Many common dishes—such as suet puddings—are digestible or otherwise according to the way in which they are prepared, so that a good cook is of the greatest importance to a sanatorium.

The quantity taken at one meal, and the number of meals, should vary in inverse proportion. A patient who can only eat a small amount at a time must have frequent meals, while the patient with a robuster appetite may content himself with three a day. The meals taken abroad depend so largely upon national tastes and customs that it is difficult to draw useful conclusions from them. In France, two substantial meals—or even one—are the rule among healthy people; in Germany, three or four are usual; while in the mode of preparing the food the greatest differences exist, even between different parts of the same country; and what pleases one patient will disgust another who comes from a different locality. In some places, cooking is largely done with olive or poppy oil; in others with butter or various kinds of fat. The garlic which pleases the Spaniard would nauseate the average Englishman, who also usually detests the sauerkraut and vinegar which the German delights in. At some of the sanatoria—as at Reiboldsgrün—the bulk of the patients.

come from the same part of the country ; but in others, as at Falkenstein, the company is cosmopolitan, so that an attempt is made to suit diverging tastes by different national *menus* on different days. In most of the German sanatoria two breakfasts are provided ; a mid-day dinner of three or four courses ; afternoon tea or coffee with milk ; and an early supper of three or four courses, besides in some cases milk or soup on rising and at bed time. This is more than is required by most patients, who would find three meals enough with two supplementary ones if the appetite is poor. Debove and others have obtained very striking results by forcible feeding of consumptives with concentrated foods ; there is, however, some danger in this way of increasing the quantity of blood beyond the capacity of the lungs, and so leading to hæmoptysis, undesirable fatty changes or overwork of excretory organs.

Physicians are not agreed as regards the use of alcohol. Whereas Dettweiler recommends full quantities of brandy, often in a concentrated form, others (such as Liebe at Loslau) give none at all excepting in emergencies. It appears to me that of the two this is the more useful course, as there is less risk of inducing undesirable habits ; but I see no reason why alcoholic drinks should not be used medicinally or dietetically, in reasonable quantities and properly diluted, to improve digestion or for other definite purposes.

A great authority used to teach his students that we should treat the sick man rather than the disease ; and in no department of medical treatment is it more important to take into account individual tastes and peculiarities than in dieting consumptive patients. Many of these will of course take almost anything put before them, but a large minority are exceedingly dainty and capricious ; and at critical stages will have to be greatly humoured in the choice of food in order to induce them to take sufficient for their needs. Sabourin¹

¹ *Traitement Rationnel de la Phtisie*, p. 93. Paris, 1896.

mentions a patient who for a time would scarcely touch any food but eggs, but partook freely of these in increasing numbers until he was taking from eighteen to twenty-four per day; and this strange diet sustained him through a critical period of his illness until he could digest a little bread. Another patient who could not take milk was able to digest large quantities of raw meat and alcohol, and made a good recovery. It is of course most important to attend to the digestive functions both medicinally and dietetically—as indeed to the state of all the mucous membranes—but it is unnecessary to enlarge here upon this topic. Large quantities of whey seem useful in certain cases in assisting renal excretion (see p. 171). Febrile patients will need a simple and digestible diet consisting largely of milk; in diarrhoea all laxative articles of food must be omitted, and farinaceous milk foods given together with astringents and intestinal antiseptics. Where digestion is feeble, pre-digested foods will often be useful. The diet in a sanatorium in fact will have to range from the “fever diet” of a hospital to the elaborate dietary of a high-class hotel.

CHAPTER. XII.

SANATORIA FOR THE POORER CLASSES AND FOR CHILDREN.

THERE are on the continent and in America sanatoria for every grade of society, from those who pay nothing to those who pay from £4 to £7 per week. They are divisible into three classes, according as they are intended for those with means, those of moderate incomes, and the poor. Some of the cheaper sanatoria are for the "working classes," while others are for the poorer members of the middle classes, including teachers, clerks, struggling professional men of various kinds, and the like. These are really even worse off than the working classes; for their incomes are dependent on their own exertions and on their keeping up appearances, so that their net income is often lower than that of the workman. Moreover, they are not rightly eligible for hospital treatment or for many of the convalescent houses, while their own domestic surroundings are as little suited to hygienic treatment as those of the mechanic.

Sanatoria intended for the poorer classes are usually somewhat different from those where higher charges are expected. Their rooms are less luxuriously furnished; the food is somewhat plainer and less *recherché*; more than one patient are often put into the same bedroom; and a certain amount of the lighter work is expected to be done by those patients who are fit for it.

At German sanatoria for the poorer classes, from one to four patients are usually put into each bedroom. At Ruppertshain as many as six are put into some of the rooms;

CHAPTER XIII.

THE RESULTS OF SANATORIUM TREATMENT.

THE statistics which have been published concerning the results of treatment in sanatoria for consumptives are in one sense eminently satisfactory, as they show a very large proportion of apparent recoveries. It must however be remembered that such statistics are often misleading, owing to want of uniformity in the patients received, in the methods of treatment, and in the assessment of the results.

In the first place, the material dealt with is often very different in different places. Some few sanatoria accept all stages of consumption, and only exclude the obviously dying. But most of them only receive such cases as are deemed likely to be benefited; and the standard will necessarily vary according to the views of the medical officers. At Reiboldsgrun patients are kept under observation for a fortnight, and if there is not distinct improvement within that period, they are sent elsewhere. At many other sanatoria more patience is exhibited, as improvement may set in after a much longer period of treatment. The results will also depend upon the social class and antecedents of the patients; and this should always be taken into account. In America it is stated that the poorer patients apply in an earlier and more curable stage of illness than their wealthier brethren; besides which there may be a greater difference in one class than in the other between their food and general conditions of life at home and in the sanatorium. Corresponding with these differences, it is found that the statistics from sanatoria for

(48)

the poor are slightly more favourable than those from establishments for the more wealthy classes in similar climates. Solly¹ believes his statistics prove that those who are intelligent and well-educated improve more readily than the ignorant or careless, which is extremely probable.

Secondly, the treatment at sanatoria, being made up of a number of separate factors, necessarily varies in different establishments, greater prominence being given to individual factors in one place than in another. In Germany hydro-pathy is much resorted to; in some American sanatoria it is not used at all. In some places patients take exercise even if they are slightly feverish; in others they are maintained at absolute rest not only in case of fever, but for a variety of other reasons. In some sanatoria patients are carefully kept under medical supervision; whereas in others much more liberty is allowed, which is not always wisely used. Some establishments are incomplete in their arrangements, or receive a mixed class of patients—asthmatics, bronchitic subjects, and those with heart disease, as well as consumptives, so that supervision is more difficult and treatment less effective. Sanatorium treatment is further complicated by questions of climate and altitude, which of themselves are already sufficiently complex. Such diversity will in future give opportunities for the discovery of many important facts; but so long as the various details are imperfectly recorded, it only adds to the difficulty of drawing any reliable conclusions. The duration of treatment is also most variable: in some cases averaging two or three months, while in others it usually lasts for eight or nine months or even longer.

Finally, the personal equation is again involved in the statement of results, which are differently classified in different places, while the true results can only be obtained by special inquiries instituted some time after the departure of the patient. At some sanatoria the patients who leave are classed as cured, nearly cured, improved, stationary, and worse; in others as better, stationary, and worse; in yet

¹ *Medical Climatology*, p. 123.

others the results are classed as very good, good, fair, and bad. A very complete system of classification is adopted by the Hanseatic Sickness and Old Age Insurance Co., under the direction of Dr. Gebhard. The results are mainly classified under three heads, according to the local signs, the general condition, and the capacity for work. Under the *first* head five degrees are recognised, according as the local signs, (1) originally slight, have disappeared, or (2) remained stationary, or (3) originally more pronounced, have diminished, (4) remained the same, or (5) increased. Under the *second* heading four degrees are recognised: (a) much improved, (b) improved, (c) stationary, or (d) worse. Under the *third* heading four degrees are recognised, according as the patient leaves the institution (i.) with full working capacity likely to be maintained, (ii.) full but probably temporary working capacity, (iii.) conditional working capacity, or (iv.) none at all. Under each heading it is also stated if the results are not evident or not recorded, or if the patient died. In another table the effect on the patient's weight is recorded. In other tables the results are classified according to the original extent of the disease into seven groups: (1) catarrh of one apex, (2) of both, (3) extensive catarrh, (4) slight infiltration of one apex, (5) of both, (6) moderately advanced infiltration, (7) far advanced infiltration. Another table gives the results in four groups, according to the general condition on admission. Yet others show the influence of age and sex, duration of the illness before treatment, presence of complications, and of inherited tendency to consumption. The permanence of working capacity in those who regained it has also been inquired into. Such tables are too elaborate to reproduce in detail, but they are most valuable for reference and comparison; and if similar ones were prepared by our chest hospitals, and by other institutions which receive numbers of consumptive patients, the comparison would be most instructive. In the Hanseatic Company's report for 1897 the results are given in 1541 cases treated from 1893 to 1897, as follows:—

Locally, improvement (1 and 3) took place in 58·1 %.

Generally, " (a and b) " " 85·5 %.

Full recovery of working capacity (i. and ii.) resulted in 71·8.

The permanence of results could only be ascertained in 1073 cases; out of this number 65 % were still fit for work at the end of 1897. In 77·3 % of those received up to the end of 1896 the disease had not advanced. In some of these (10·7 %) no abnormal physical signs were discoverable; in 26 % local improvement was noted since leaving the sanatorium; in 40·6 % no local change. Of those treated in 1897 the results were good even when the general health was decidedly affected at the time of entry, 50 % of such patients showing improvement (1 and 3) in the local conditions, and 73 % an improvement in general health. Most of the patients were treated at Oderberg, St. Andreasberg, or Altenbrak.

Less elaborate statistics have been published of the results at many of the German sanatoria.

At the Rehburg Sanatorium (see p. 246) of the Bremen Society, 334 patients were treated from 1st June, 1893, to the end of 1896. Of these, thirty-seven were not certainly phthisical, and are excluded from the statistics. Of the remaining 297, there were on entry:—

71 = 23·9 % slightly affected.

97 = 32·7 % moderately affected.

129 = 43·4 % seriously affected.

The results were as follows:—

	Better.	Unchanged.	Worse.
General condition	253 = 85·2 %	20 = 6·7 %	24 = 8·1 %
Local condition	63 = 21·2 %	194 = 65·3 %	40 = 13·5 %

Of the more serious cases 75·2 % increased in weight, and of the slighter cases, 81·8 %.

In the report for 1897, the results as to working capacity in ninety-four undoubtedly tuberculous cases are worth quoting:—

Restored to full, and probably permanent, working capacity	38·3 %
Restored to full, but probably temporary, working capacity	35·1 %
Restored to conditional working capacity	16·0 %
Unfit for work.	10·6 %

Beaulavon¹ gives the results on working capacity of patients treated during 1894 and 1895 at the same sanatorium. From this it appears that out of 170 cases, 37 % were restored to their full working capacity, and 9.4 % more were able to do light work. In the first stage, out of 53 patients, 81.1 % were restored to full working capacity; in the second stage, out of 89 patients, only 22.5 %; in the third stage none were restored to full, and only 28.6 % to conditional, working capacity. The influence of inheritance on the results seems to have been inappreciable.

At Dr. Weicker's Krankenhaus in Görbersdorf (see p. 209), 185 patients completed their treatment in 1896. Out of these—

190 = 70.3 % had regained their working capacity.

18 = 9.7 % were capable of light work.

22 = 11.9 % were better but not fit for work.

15 = 8.1 % were no better.

Manasse² has published the results of 5032 patients treated from 1876 to 1886 inclusive, at the Brehmer Sanatorium at Görbersdorf (see p. 150).

Stage of Disease.	No.	Cured.	Nearly Cured.	Total Improved.
I.	1390 = 27.6 %	387 = 27.8 %	490 = 31 %	817 = 58.8 %
II.	2225 = 44.2 %	152 = 6.8 %	325 = 14.6 %	477 = 21.4 %
III.	1517 = 28.2 %	12 = 0.8 %	33 = 2.3 %	45 = 3.1 %
	5032	551 = 11 %	788 = 15.6 %	1399 = 26.6 %

From Dettweiler's statistics of 1022 patients treated at the Falkenstein Sanatorium, it appears that 13.2 % were apparently cured, 11 % nearly cured, or a total of 24.2 % greatly improved.

Statistics of 2000 patients treated at Reiboldsgrün (see p. 160) under Dr. Driver showed that 13.6 % were cured, 28 % greatly improved, 28.6 % improved, 25.2 % un-

¹ *Rev. de la Tuberculose*, April, 1897.

² *Die Heilung der Lungentub. durch diätetisch hygienische Behandl. in Anstalten und Kurorten*, Berlin, 1891.

improved, 4·5 % died.¹ From the two most recent reports it appears that in 1896, of 349 patients who left the institution, 263 (or nearly 76 %) were improved; in 1897, of 366 patients, 295 (or 80 %) were improved. These figures include every degree of improvement. It should be remembered that owing to Dr. Wolff-Immermann's system of selection, a relatively favourable material is dealt with at this sanatorium. On the other hand, the average duration of treatment is only sixty-six to seventy days, which is less than at most sanatoria. The following tables show the results at some of the foreign sanatoria:—

PAY SANATORIA.

Name.	No. of Cases.	Stages.	Apparently Cured.	Nearly Cured.	Im- proved.	Total Pro- portion Im- proved.	Authority.
Brehmer . . .	5032	all	11	15·6	Manasse.
Do., excl. 3rd st.	3615	1 & 2	14·9	20·9	Do.
Do.	all	25	50·55	75·80	...	Achtermann (Ransome).
Do.	25·1	60·9	86	...	Robert (Hohe).
Falkenstein . ?	1022	1 & 2	13·2	11	Dettweiler
Do.	14	14	45	73	Do. & Hess (Ransome).
Do.	14·15	{ nearly as many }	Hess, Practitioner, Nov 1897
Reiboldsgrün .	2000	1 & 2	13·6	28	28·6	70·2	Driver.
Do.	715	1 & 2	78	Wolff-Immermann.
Hohenhonnef	1 & 2	14·5	28·9	...	69	Meissen (Ransome).
Nordrach	all	30	65	95	...	Walther do.
Römpker	75	...	Römpker (Hohe).
Weicker	84·8	...	Weicker do.
Schömberg	82·9	...	Baudach do.
St. Blasien	84	...	Sander do.
Canigou	43·8	Sabourin (Ransome).
Do.	22·23	...	40·50	62·73	Giresse (private letter).
Davos-Turban	{ no advd. }	20	30	40	90	Turban.
Do.	do.	40	40	80	...	Do. (Ransome).
Arosa	259	{ few advd. }	82	Jacobi.
Leysin . . .	79	all	12·7	...	59·5	72·2	Burnier (Montmeylian).
Do., 1st stage .	15	1st	53·3	...	33·3	86·6	Do. do.
Do., 2nd stage .	22	2nd	9	...	86·3	95·3	Do. do.
Do., 3rd stage .	42	3rd	50	50	Do. do.
Do.	all	12·5	...	56·5	69	Exchaquet.
Winyah—
Early stage	81	...	19	100	v. Ruck (private letter).
More advanced	35	...	23	58	Do. do.
Advanced, but still in fair general condition. }	9	...	24	33	Do. do.
All stages	all	22·6	...	42·5	65·1	Do. (Ransome).
Hygeia	all	22·5	...	46·25	68·75	A. C. Klebs (private letter).

¹ "Volkssanatorien für Lungenkranke," *Deutsche Med. Zeit.*, 1890.

SANATORIA FOR THE POORER CLASSES.

Name.	No. of Cases.	Stages.	Appar- ently Cured.	Nearly Cured.	Greatly Im- proved.	Im- proved.	Total Proportion Im- proved.	Authority.
Falkenstein, } for the poor	13	77	90	{ Dettweiler & Nahn (Ransome).
Ruppertschain	313	77.6	1895-6. Nahn.
Malchow	43.7	40.3	84	Reuter (Hohe).
Rehburg	59.5	25.2	84.7	Michaelis (Hohe).
Schömberg	60.9	33.3	94.2	Baudach do.
Weicker } Krankenheilm	70	22	92	Weicker do.
Jonsdorf	20	73	93	Toop do.
Königsberg	72	13	85	Andrae do.
Grabowsee .	219	...	14.1	64.4	78.5	Brecke, 1896-7 (Liebe).
Blankenfelde	239	58.1	38.9	97	Ellerhorst, 1896 do.
Hanseatic Insur. Co. }	1541	{ slightly affected 30.9 % }	Report for 1897.
Local	58.1	Do.
General	85.5	Do.
Halila } Alexander }	300	{ 60 % 2nd 20 % }	27	43.7	70.7	Gabrilovitsch, 5 years.
Davos (Basel)	185	{ severely affected }	25.4	42.3	...	23.1	90.8	{ Kündig, Report for 1897.
Adirondack { mean of 10 years	105	{ ... }	20-25	20-30	Trudeau (Knopf).
Do.	105	...	21.9	35.2	...	20	77.1	{ Do., 12th Annual Report.

Solly¹ discusses the statistics from various parts of the world, and concludes that the percentage of improvement is as follows :—

	All Stages.	First Stage.	Second and Third Stages.
Lowland climates .	58	71	28
Sanatoria . . .	63	95	58
Highland climates	76	89	63

As the statistics of sanatorium cases were exclusively from those in non-Alpine climates, this is striking testimony as to the value of sanatorium treatment. Generally speaking, one may say that from one-fourth to one-third of the patients treated in sanatoria are practically cured, or a still greater proportion if they are treated in an early stage.

¹ *Medical Climatology*, p. 141.

Probably systematic and prolonged treatment from an early stage would restore to health from one-half to two-thirds of our consumptive patients, even without the advantage of an Alpine or other high altitude station. Unfortunately, it is quite out of the question to expect patients to submit to more than a few months' treatment in a sanatorium, so that we must trust to the educational influence of the sanatorium to complete the recovery of those treated in it. Improvement frequently—perhaps usually—continues after patients have left the sanatorium, if only the conditions of life are fairly satisfactory.

The good results of treatment are permanent in a large proportion of cases. Special inquiries were made in the year 1890 to ascertain how many of those treated at the Brehmer Sanatorium continued in good health. In five cases the cure had lasted from twenty to twenty-nine years; in fifty-two cases, from twelve to twenty-one years; and in thirty-eight cases, from seven to twelve years. Of forty patients discharged from the sanatorium in 1876 as cured or nearly cured, of whom particulars could be obtained, there were still twenty-five living in good health, while one suffered from fibroid phthisis, one had died four years previously from phthisis, and thirteen others had died from unknown causes.¹ Similar investigations by Dettweiler, at Falkenstein, in 1886, led to the discovery that seventy-two out of ninety-nine patients who had left the institution as "cured" were still living from three to nine years after in perfect health; in fifteen cases there had been relapse, although twelve out of these fifteen subsequently recovered.² At St. Blasien, Dr. Haufe inquired in 1891 after all those who had been treated there from 1878 to 1889. Forty-six did not answer; five were dead; twelve had had a relapse after an interval of three

¹ Wolff und Saugmann, *Ueber die dauernde Heilung der Tuberculose*, Wiesbaden, 1891.

² Dettweiler, *Bericht über 72 seit 3-9 Jahren in Falkenstein völlig geheilte Fälle von Lungenschwindsucht*, Frankfurt, 1886.

to six years; 201 who left from two to twelve years previously were at work without difficulty, although they continued to cough; seventy-two were apparently quite cured, and had been so for three to twelve years. Amongst the latter were six officers who for several years (one for six years) had done their work well without interruption. Some had originally had symptoms of acute phthisis; the others had been long tubercular and had repeatedly coughed up blood. Of the seventy-two, twenty-one were in the third period: these had lost their bacilli in the sanatorium and increased in weight. Assuming that the non-replies were worse or dead, 21·4 per cent. might be regarded as cured, and 59·8 per cent. more as in good health.¹ Knopf states² that Dr. v. Ruck, of Winyah Sanitarium, wrote to 605 patients who had left this institution from one to three years previously. He received 457 replies, which showed that 14·6 per cent. were absolutely cured; in 15·3 per cent. more the disease had made no further progress; and 56·4 per cent. were better than when they left the sanatorium, or a total of 86·4 per cent. better or cured, 13·6 per cent. worse or dead. If all the non-replies were dead, these figures would be reduced to 65·3 and 34·7 per cent. respectively. The results obtained by Dr. Gebhard of the Hanseatic Insurance Co. have already been quoted.

Every victim of unarrested phthisis is a possible focus for the dissemination of the disease. He is also a burden to his family, or to the State, or both, for months or years, and, if a bread-winner, plunges those dependent upon him into serious pecuniary and social difficulties. Remembering these facts, and remembering also that, in even the best managed hospital, the chances of recovery for the average consumptive are much smaller than at a sanatorium, we may more easily realise the important services which these institutions are able to perform. From the statistics of Brompton Hospital, it appears that the percentage of improvement is

¹ Manasse, *loc. cit.*

² *Les Sanatoria*, Paris, 1895.

only 20 to 30, as compared with 50 to 90 at sanatoria ; and making every allowance for the possibility that serious or unfavourable cases are treated in larger proportion at the hospitals, it must be evident that they are quite unable to play the part of sanatoria. Weeks and months often go by while the poor consumptive waits for admission to a chest hospital. Were sanatoria established in the numerous suitable localities in England, the hospitals would be relieved and the patients cured in far larger numbers.

managing director, or in a small sanatorium a matron or housekeeper: but it is essential that he or she should be subordinated to the chief medical officer, with an appeal if necessary to the managing board or committee. There is a feeling in this country amongst the medical profession against one of their number being the owner of any kind of medical institution—whether private hospital, nursing home, hydropathic establishment, asylum or sanatorium. This feeling is, in my opinion, well founded; and while it is only right and proper that the medical officer should receive adequate remuneration, this should not be directly in the shape of patients' payments, nor should he be directly responsible for the finances of the establishment.

The admission of patients may be managed somewhat after the method adopted by the Basel Sanatorium at Davos. There is a medical board in the town of Basel, to whom applications are sent, signed by the family medical attendant, and stating the stage of the illness and the condition of the patient. The latter then calls on a member of the medical board at an appointed hour, and if approved starts on his journey to the sanatorium. The resident medical officer, however, has power to send home any patient who appears to be unsuitable for treatment.

Patients enter for at least thirteen weeks at the Basel Sanatorium. Three months is a very common duration of treatment abroad, although most medical officers of sanatoria regard this as barely sufficient to train the patient in necessary hygienic methods and to put him on the road to recovery. At Canigou patients who begin to be home-sick are sent home for a time, to return again for further courses of treatment. Dr. Giresse regards this interruption as a concession to human frailty rather than as medically desirable. In some sanatoria quite a different system prevails, the patient staying until he is apparently cured, irrespective of how long this may require. Thus, at Nordrach patients stay until for about twenty examinations no tubercle bacilli have been found in their sputa, and until the injec-

tion of their sputa into a guinea pig (which is next done) does not cause tuberculosis in the animal. At Davos and other Alpine sanatoria at least two winters and one summer are advised ; in Colorado, too, at least two years' residence is considered necessary. At the Adirondack Cottage Sanitarium patients stay until they are apparently cured ; the average stay being six months, and one year nominally the limit.

It seems to me that it depends on circumstances what course should be pursued. Where the patient comes from a suitable home and district, and can carry out the treatment in a modified form after his return home, this may be permitted after a few months if he has made progress ; but if he relapses he should be promptly sent back to the sanatorium. Where the locality or the domestic circumstances are unsuitable, a longer residence—if possible until apparent recovery—is advisable. In every case the course should be pursued which promises the best medical results ; pecuniary considerations are of very subordinate importance in dealing with a dangerous disease. And if the patient's finances will not stand the strain, some means should be devised whereby he may be assisted. A man who is held to ransom by brigands, or who is drowning at sea, does not stop to count the cost, but leaves his money to save his life ; a consumptive patient should do the same.

The sanatorium, however, should not be expected to receive hopeless cases ; these, if not treated at home, should enter a different class of institution—the home or refuge for incurables. There are several such institutions in America, France and Switzerland ; possibly also in Germany, and several in England. More of these refuges are needed in this country for the poor, who are not welcome in either general or chest hospitals, and usually gravitate to the poor-law infirmaries. In the course of time, with a more perfect organisation, the number of such cases will diminish, but in the meantime institutions for their reception are as necessary as sanatoria, both for the sake of the public and

creet and do not interfere with the treatment. Aggregation of patients there must be to a certain extent, in order to obtain the benefits of co-operation ; but isolation is seldom required—far less than during the course of other febrile complaints, as the isolation (so far as it is needed) is for the sake of the patient rather than in order to prevent infection, which is with reasonable precautions quite unlikely to happen. As a matter of fact, life in a properly-managed sanatorium is far more pleasant than in an ordinary health resort for consumptives, where all kinds of cases and all stages of phthisis are received, and medical supervision is necessarily less effective.

It might be argued that the establishment of sanatoria for consumptives damages the prospects of the ordinary medical adviser. I have never yet heard so selfish and short-sighted an argument ; for the medical profession is ever ready to take a wide and enlightened view of whatever concerns the good of its patients, and (as the achievements in sanitary matters amply testify) often promotes measures which are intended to prevent disease. As a matter of fact, sanatoria not merely benefit consumptives, but also benefit their family advisers, inasmuch as the patients' lives are prolonged, while medical and hygienic advice will be needed for some time after leaving the sanatorium. Treatment in such an establishment is of strictly limited duration ; and is intended, not to cure the patient during the time of his stay—for this is often impossible—but rather to put him on the road to recovery. The good obtained in the sanatorium is often very striking ; but the promise of future improvement is even more important. It is only where a patient would have to go to an utterly unsuitable neighbourhood or mode of life that the period of treatment would have to be considerably prolonged ; and in this case a kind of hygienic colony would best meet the difficulty. In any case, the treatment at a sanatorium will only continue until the patient can safely go home with a prospect of further improvement.

There are no purely medical arguments against sanatorium treatment which will bear examination. The danger of infection is far greater in an open health resort. The experience of chest hospitals and sanatoria, both here and abroad, shows that there is absolutely no danger if simple precautions are observed. At the Brompton Hospital careful inquiries, extending over a period of thirty-seven years, were made by the late Dr. Cotton and Dr. Theodore Williams as to possible infection from patients. The old building was very badly ventilated ; but although the foul air from phthisical patients produced attacks of sore throat and erysipelas, it did not lead to spread of tubercular disease amongst the healthy attendants. None of the resident medical officers, matrons, gallery maids, porters or secretaries and clerks became phthisical, although most of these were brought into frequent contact with the patients. Out of about 150 house physicians only one appeared to have contracted the disease in hospital ; out of 101 nurses three died of consumption after leaving the institution, but in only one did the disease show itself while in hospital. Of twenty-two dispensers three died of phthisis, one while in the building : and two of the dispensers held office for twenty years.¹ Similar investigations by Heron at the City of London Hospital for Diseases of the Chest also failed to prove infection among the attendants.² No case has ever been reported from any modern chest hospital which takes even elementary precautions concerning the sputa. Aufrecht states that at the hospital of Magdeburg-Alttadt 34,560 patients were received during a period of seventeen and a quarter years, of whom 3820 were phthisical, mostly in an advanced stage ; but none of the other patients, and none of the large nursing staff, became consumptive. Two tabetic patients and four with multiple sclerosis remained from three to eight years side by side with consumptives,

¹ See Pollock, *Practitioner*, June, 1898 ; Wilson Fox, *Diseases of the Lungs and Pleura*, London, 1891.

² *Lancet*, 6th Jan., 1894.

and another with adherent pericardium became intimate with his phthisical neighbour, without any becoming infected.¹ At the meeting of the American Climatological Association, in May, 1896, Dr. V. Y. Bowditch, of Boston, said : "I wish to refute the statements that properly-regulated consumptives' hospitals are a source of danger to the community, when I believe them to be exactly the opposite, as shown by statistics". This opinion will be accepted by all practical physicians; but in view of the scare which appears to be arising among certain sections of the laity the matter needs to be called attention to.

Dr. I. H. Hance, assistant to Dr. Trudeau at the Adirondack Cottage Sanitarium, proved by the inoculation of guinea pigs that sixteen out of seventeen cottages inhabited there by consumptives for so long a period as ten years were absolutely free from infectious material. In the exceptional cottage the patient had disobeyed instructions and expectorated wherever convenient. In a further investigation Dr. Hance took dust from tenement houses containing consumptives. Where instructions had been followed no guinea pigs suffered; while in the dirtier tenements two out of three were found infected. In street cars one out of every five were found to be dangerous. In the two hospitals, Bellevue and Charity, no infectious dust was discovered, excepting in the outpatient room at Bellevue. In the Winyah Sanatorium none was found.²

Römpler investigated the mortality from consumption from 1790 to 1889 in the village of Görbersdorf, which is close to several large sanatoria, with an aggregate of 500 to 600 beds. Before the establishment of the oldest sanatorium the deaths from consumption in the village were at the rate of 0·83 per annum; whereas since that time the

¹ *Zur Verhütung und Heilung der chronischen Lungentuberkulose*, Vienna, 1898, quoted by Römpler, *Deutsche Medicinal Zeitung*, 1898, No. 35.

² *N. Y. Med. Rec.*, 28th Dec., 1895.

rate was 0·47; and yet the population had doubled in twenty-five years, and in forty years some 25,000 consumptives had been treated in the different sanatoria.¹ Nahm, who made similar investigations in the village of Falkenstein, obtained corresponding results. During the twenty years preceding the establishment of Dettweiler's institution an average of 4 per 1000 of the inhabitants died annually of consumption. After the sanatorium was opened the average annual mortality from this disease fell to 2·4 per 1000.² Dr. Römpler has had five servants for twenty-three years at his large sanatorium, and seven more than five years, out of twenty-three in his present staff; not one of these twenty-three are consumptive, nor any whom he can trace who have been in his employ, although they necessarily come freely into contact with the patients.³ Dr. Achtermann, for many years connected with the Brehmer Sanatorium, and now at Laubbach, states that he was for years in the habit of testing by inoculation the dust from the corridors, saloons, W.C.s, and patients' rooms. Only once did he find evidence of the existence of tubercle bacilli, on a washing board where a spitcup had stood.⁴ Ransome states that sputum, which retained its virulence for several months in a poor cottage in Ancoats, entirely lost its power of communicating the disease to guinea pigs by inoculation when freely exposed to the air and light in a consumption hospital, and in a well-lighted, well-ventilated, and well-drained house.⁵ Moreover, in another series of experiments, sputa as well as pure cultivations lost their power for evil on exposure to air and light for two days, or to bright sunshine for one hour.⁶

¹ *Beiträge zur Lehre von der chronischen Lungenschwindsucht*, Berlin, 1892. See also Knopf, *loc. cit.*

² *Munch. Med. Wochenschr.*, 1895, No. 40.

³ *Deutsche Medicinal Zeitung*, 1898, No. 85.

⁴ Prospectus of Laubbach Sanatorium.

⁵ Ransome, *The Treatment of Phthisis*, London, 1896, p. 37; Ransome and Dreschfeld, *Proc. R. Soc.*, xlix., 66.

⁶ Ransome, *ibid.*; Ransome and Delépine, *Proc. R. Soc.*, lvi., May, 1894.

Even in open health resorts there is very little danger of infection excepting in crowded towns and cities, or where ordinary hygienic precautions are neglected. It is true that at the Riviera the deaths from consumption amongst the native inhabitants are said to have increased; but this is not quite certain, and is in any case capable of explanation in other ways. It is quite possible that the hotter climate may encourage the saprophytic existence of the tubercle bacillus. But the conditions of life in a densely-crowded town are very different from those in a scattered village; and if the facts are correct, they point to the need of more reasonable methods of building, better ventilation, and less overcrowding, together with more systematic precautions concerning cleanliness, disposal of the sputa, and the like. Consumptives should not live in towns, or if compelled to do so should inhabit dry and well-ventilated rooms. If they do so, and refrain from random spitting and other uncleanly ways, they will never be a serious danger to their companions. Ransome states¹ that he has never seen a case of infection in an ordinarily well-ventilated house, and gross neglect of ordinary rules would probably be needful to cause tubercular infection in such a house. Haupt made a careful investigation at Soden, and found that there were fifty-two people between seventy and ninety years old who had lived in thirty-one different houses which they let out in summer to consumptives. Half of them also waited on the invalids, but none became phthisical. Michaelis has practised over thirty years in Bad Rehburg. This bathing resort has existed for over fifty years, and is annually visited by about 500 consumptives. There are at present about 350 inhabitants in sixty-five to seventy houses; and only three consumptives were found amongst them who had been born there, while these had acquired the disease elsewhere.² Even amongst married

¹ Ransome, *The Treatment of Phthisis*, London, 1896.

² *Monats. f. prakt. Balneol.*, 1897, No. 1; quoted by Unterberger, *St. Pet. M. Woch.*, 1897, n. F. xiv., No. 29.

couples, where one is phthisical it is exceptional to find the other affected. Leudet found only seven out of 112 such cases, and Haupt only 7 per cent. out of 1061 married couples.¹

It is perfectly certain that under ordinary hygienic conditions the danger of infection from a phthisical patient is purely imaginary. But this should not blind us to the very real danger which exists where hygienic rules are disregarded, and this is in fact a strong argument in favour of hygienic training of consumptives in a sanatorium.

It may be argued that since many patients recover from consumption without being treated in a sanatorium, this is unnecessary. It is perfectly true that such recoveries take place, but they can only be expected in selected cases; and as Prof. v. Ziemssen has said: "The possibility of treatment outside a sanatorium with equally good results cannot be denied, but it requires much more prolonged rest, and much more time on the part of the physician, and has by no means so certain a result".²

It is a financial impossibility to provide one or two patients at home at reasonable cost with the systematic treatment they would obtain in sanatoria, and although patients may be able occasionally to do without these aids to recovery, there are stages and forms of the disease in which it would be most unwise to discard them, if they could be found within a reasonable distance from home. Even ordinary treatment at home, if properly carried out, is more expensive than is usually realised; and this is without any special shelters or conveniences for exercise in the open air; often without skilled nursing in case of feverish attacks, night sweats, or sudden hæmoptysis; and without systematic training or graduated exercise, which indeed can scarcely be carried out under the circumstances. Once

¹ Unterberger, *loc. cit.*

² *Ueber den gegenwärtigen Stand der Behandlung Tuberculöser*, Berlin, 1897, pp. 22, 23.

it is admitted that these measures are of value in restoring the consumptive to health—and this can scarcely be disputed—it follows that special institutions are needed to put them within the reach of those who cannot afford a special establishment of their own.

CHAPTER XVI.

THE COST OF A SANATORIUM.

SANATORIA for consumptives differ enormously in original cost. Even apart from the value of the land on which they are placed, it is possible to spend much or little in constructing the buildings, according to the design, the natural obstacles to be overcome in laying the foundations, the cost of labour and materials, the luxuriousness of the accommodation, the cost of water supply, lighting and sewerage, and a number of other circumstances. Even among sanatoria for the poorer classes there are considerable differences in the cost per bed; and those for the wealthy present as much diversity as do inns and hotels in various places. So many more sanatoria have been built in Germany than in any other country, that most of the available information concerning the cost of sanatoria comes from that country. It is difficult to obtain authentic information as to the cost of sanatoria for paying patients. Hohenhonnet, which is perhaps the most luxurious of recent establishments, appears to have cost nearly £72,000, or about £660 per bed, without reckoning the ground, but including the recently-built doctor's and director's residences. It is more difficult to estimate the cost of other first-class sanatoria, even where trustworthy figures are available, as the original cost per bed always largely exceeds the final cost after successive additions have been made. Enormous sums have been spent on the Brehmer Sanatorium, as it is situated in an unusually large and fine park, and much money has been lavished on unnecessary

architectural ornamentation, as well as more practical advantages. Judging by a statement by Léon Petit,¹ a building of the size and character of Falkenstein Sanatorium would cost in France or Germany about £40,000 for 100 beds. Of first-class sanatoria, probably the one at Nordrach has been the most simply and least expensively constructed. The abundant water supply there considerably diminishes the cost of electric lighting; while the buildings, though carefully finished, are mainly of wood. Building operations are more expensive in England than abroad; but there is reason to believe that a satisfactory sanatorium for paying patients could be constructed in a suitable locality for considerably less cost per bed than has been done at Hohenhonnef.

Turning now to the institutions for the poorer classes, we find that they cost on the Continent from £120 to over £300 per bed. Prof. v. Leyden gives £150 as a fair average estimate, or a total cost of £200 to £250; but this only refers to the larger ones with about 100 patients.² Small sanatoria necessarily cost more per bed than larger ones, as the administrative portions for a small number of patients are nearly as costly as those for twice or thrice as many. Electric lighting, too, is relatively much more expensive for a small number of rooms; and the ground required for a small sanatorium would equally well accommodate a large one. Sanatoria for both sexes are more expensive than those for only one, as many parts have to be duplicated. This, of course, applies much more to a people's sanatorium than to one for the middle and upper classes. Sanatoria built in one block are less expensive than those for a similar number of patients lodged in several smaller buildings. This has already been alluded to in chap. vii. It is customary in this country to reckon the cost of a solidly-constructed building at 9d. per cubic foot. Wooden build-

¹ *Loc. cit.*, p. 258.

² *Ueber den gegenwärtigen Stand der Behandlung Tuberculöser*, Berlin, 1897.

ings and "bungalows" are less expensive, and in most years would do perfectly well for a sanatorium. A building for sixty beds would probably cost as much as three separate buildings, each to accommodate fifteen patients.

In planning a sanatorium, the possibility of extension must be taken into account. At Grabowsee, a large number of patients have been accommodated in "Docker'sche Baracken," which are temporary erections constructed of a sort of painted paper on a wooden skeleton. These are too cold for use in severe winters such as are common in North Germany; and are being gradually supplemented by more solidly-constructed buildings for use all the year round.

It is false economy to erect a sanatorium on a small patch of ground, unless this is surrounded by public woods or moors of a suitable kind. It is also usually a mistake to attempt the transformation of a pre-existing building into a sanatorium. The prime cost is undoubtedly thereby often diminished; but the alterations and additions which are nearly always required, are very apt to swallow up the resulting economy. According to Kuthy, a house in Berlin, transformed into a hospital, cost £128 per bed for alterations. Few buildings not of recent construction are satisfactory from a hygienic point of view. Nature's purifying processes take time to remove the effects of leaky sewers and drains. Solid foundations and damp-proof courses are both difficult and expensive to put into an already constructed house. In a sanatorium everything is (or should be) sacrificed to superabundant ventilation and free access of sunlight; whereas the average house is constructed with the idea of making the largest possible number of rooms on a given space. Many convalescent homes and hydropathic establishments would, however, have to be excepted from this statement, and, if suitably situated, might be usefully converted into sanatoria. A hospital in a town costs more than a sanatorium of the same size in the country. The Basel-town Hospital is estimated to cost £400 per bed, whereas the Basel-town Sanatorium at Davos has been

2·50 mks.¹ At Ruppertshain the daily cost is 2·77 mks., of which 1·22 is for food.² It was 3·30 and 1·53 mks. respectively at the old house at Falkenstein. Ruppertshain and Falkenstein are in the most expensive part of Germany. At Malchow the daily cost is 3·16 mks.² This is, however, more a home for consumptives than a true sanatorium. At Grabowsee the cost per head is 2·47 mks.;³ at Rehburg (Bremen Sanatorium), 2·26 mks.;² at Blankenfelde, 3·35 mks.;² at Dannenfels, 4·15 mks., or for food alone, 2·20 mks.² The estimated daily cost at Marzell is 2·38 mks.;² at Würzburg Sanatorium, 2·19 mks.;³ at Altena, 3·02 mks.² Both at Malchow and at Blankenfelde much alcohol is used. At Dannenfels there are only 18 beds. The daily cost at the Königsberg Sanatorium in its first year (1895) amounted to 2·31 mks., or with interest on capital, 3·12 mks.⁴ In 1896 the cost was 2·23 mks., or with interest, 2·71 mks.² This sanatorium was formed out of a pre-existing villa.

In Switzerland, the daily cost at the Heiligenschwendi Sanatorium in its first (and most expensive) year amounted to 1·92 frs. At the Basel Sanatorium at Davos in its first year the cost was as high as 4·09 frs., including 1·59 frs. for expenses of administration at Basel; the daily cost for food, drugs, washing and a few sundries amounting to 2·2 frs.⁵

In France, Beaulavon⁶ states that the average cost of a consumptive in a general hospital is 2·93 frs. per diem; about one-third of the beds in the Paris hospitals are occupied by consumptives, whose average stay is ninety days or more. He estimates that the average cost per head in these hospitals amounts to 3·15 frs., while in a sanatorium the daily cost would probably be only six centimes more (3·21 frs.), and declares that whereas practically no consumptive is ever cured in hospital, 28 per cent. are more or less completely cured in a sanatorium.

¹ *Loc. cit.*² Liebe, *loc. cit.*³ Kuthy, *loc. cit.*⁴ Annual Report for 1895-6. ⁵ Annual Report for 1897. ⁶ *Loc. cit.*

In London, the cost per head of in-patients in chest hospitals varies from 4s. 9d. to 6s. 6d. per day; at the Ventnor Hospital, which is practically a sanatorium, it is 5s. 4d.; so that we may expect the cost of maintenance in a country sanatorium in England to be no greater, and possibly less, than in a London chest hospital.¹ At the Adirondack Cottage Sanitarium in America, each patient costs a dollar a day. The average cost per day in most of the London general hospitals is considerably less than at the special hospitals, owing to the larger proportion of patients on low diet. Excepting for the absence of resident medical officers and nurses in convalescent homes, these would give a better standard for the probable expenditure in an English sanatorium for consumptives than a general or a chest hospital. Some of our convalescent and nursing homes receive consumptives; a few almost exclusively. But in order to draw trustworthy conclusions from the published reports, the average proportion of different stages admitted and the treatment adopted, as well as other circumstances, would have to be taken into account. The following estimate of probable expenses at the Altena Sanatorium (100 beds) is of interest:—²

	Marks.
34,400 days of treatment at 1·60 mks.	55,040
Physician, including dwelling	8,500
Assistant physician	2,000
3 sisters, 1800; 2 nurses, gardener, fireman, coachman, 2680	4,480
1 cook, 2 kitchenmaids, 2 housemaids	1,080
Food of staff: 12 at 1 mk.; 2 at 2 mks.	5,840
Stocktaking, 2000; repairs, 1000; washing and soap, 1620	4,620
Water supply, heating and lighting	2,500
Bureau, 1000; horse, 1500; sundry and unforeseen	2,890
Interest on capital, $3\frac{1}{4}\%$; sinking fund, 1% = $4\frac{1}{4}\%$ on 300,000 mks.	12,750
Total	99,700

34,400 days at 3 mks. would yield 103,200 mks.

The expenses of maintenance of a sanatorium are partly dependent upon the size of the building, as a small estab-

¹ *Burdett's Hospitals and Charities*, 1897.

² *Liebe, loc. cit.*

genschwendi are from $1\frac{1}{2}$ to 4 frs. per diem, according to means ; at the Basel Sanatorium at Davos 5 frs., or under certain circumstances 2 or 3 frs. ; at the Dutch Sanatorium in the same place, 4 frs. ; in the British Davos Invalids' Home, 4 to $4\frac{1}{2}$ frs. ; at St. Moritz, about 6 frs. with the help of the "Aid Fund". It may be remembered that at the Ventnor Consumption Hospital a charge is made of 10s. 6d. per week.

Most of the above-mentioned charitable and semi-charitable institutions are more or less supported by private subscriptions and donations. In Germany, however, there is a law enforcing compulsory insurance against sickness and old age, which has largely contributed to the foundation as well as the maintenance of popular sanatoria (see p. 204). In Switzerland, where no such law exists, the first sanatorium was founded by public subscription to commemorate a national anniversary ; and patients recommended by subscribers have the preference in admission. In the Basel Sanatorium at Davos those who pay the full amount (5 frs.) have first choice of the single-bedded rooms ; certain societies and hospitals who contribute towards the funds have the privilege of sending patients (if suitable) at reduced rates ; and in addition, an auxiliary society exists to help those who are too poor to pay the usual charges. At Davos, too, a society exists which secretly assists those who are unable to continue paying the fees at one of the pay sanatoria, on recommendation of the medical officer of the institution.

In France the sanatoria for consumptive children and youths at Ormesson and Villiers were established by private subscriptions, being the first charitable institutions in France to be started in this way. The Assistance Publique and the Municipality of Paris, however, now subscribe to the funds in return for certain privileges. The sanatoria are free and non-sectarian, and open to the natives of every country if resident in France. To stimulate the generosity of donors to the children's sanatoria, certain honorary titles

are bestowed according to the amount contributed ; and if a sufficient sum be given, the names of the donors are inscribed on the wall of the vestibule at Villiers. Léon Petit has suggested in his book¹ another expedient for raising the necessary funds for popular sanatoria in France, an expedient which in fact has been adopted in theory by the *Société des Sanatoria de France*. It is that the rich shall pay for the poor. In many German and Swiss sanatoria for paying patients voluntary contributions are made towards the funds of the popular sanatoria ; but in Léon Petit's plan this would be done systematically, by devoting a portion of the profits of the pay sanatorium to the payment of the expenses at the popular sanatorium. He bases his calculations on the figures furnished by Falkenstein and Davos, and asserts that a sanatorium for one hundred paying patients would support another for fifty poor patients, allowing for the payment of 3 per cent. on the joint capital. Translated into pounds sterling, his table appears as follows :—

A.—PRIME COST.

1. Sanatorium for paying patients	£40,000
2. ,, poor ,,	10,000
	<hr/>
	£50,000

B.—ANNUAL COST OF MAINTENANCE.

1. Sanatorium for paying patients—	
Daily cost at 6s. 4d.	£11,680
Unforeseen	320
	<hr/>
	£12,000
2. Sanatorium for the poor—	
Daily cost at 4s.	£3,450
Unforeseen	550
	<hr/>
	4,000
3. Interest on capital at 3 per cent.	1,500
4. Sinking fund at 5 per cent. (depreciation).	2,500
	<hr/>
	£20,000

¹ *Loc. cit.*, p. 258.

C.—RECEIPTS.

Sanatorium for paying patients—

Daily charges, 12s.	£21,880	
Sundries at 1s. 6d.	2,920	
		<hr/>	£24,800

I.e., profit nearly 10 per cent.

There is little doubt that were such a scheme started in England under proper auspices it would prove to be financially sound as well as socially beneficial. Owing to the greater cost of labour and material in this country, and the greater expense of living, it would not be safe to reckon on so large a dividend; but even if no profits were made, and the two institutions were together to be rendered self-supporting, they would be the means of effecting a great saving of useful lives and a corresponding diminution in poverty and suffering; while their indirect influence in educating the public in hygienic methods would be still more important.

CHAPTER XVII.

SANATORIA IN AMERICA—EASTERN STATES.

THERE are eleven or twelve sanatoria for the open-air treatment of consumptives in the Eastern States of America (one in process of erection), and seven more in the Western States, one of which, however, is not open for want of funds. Many of these admit other than consumptive patients; but the following profess to be exclusively for phthisical patients: The Adirondack Cottage Sanitarium, the Gabriels Sanitarium (being erected), the Loomis Sanitarium, the Sharon Sanitarium, the Winyah Sanitarium, and the Hygeia Sanitarium—all in the Eastern States. Of these, Winyah is a private institution for paying patients, the rest being charitable or semi-charitable. Most of the Western sanatoria are for paying patients. There are also a number of homes and hospitals for consumptives in the towns, intended mainly for more advanced and less hopeful cases. The term sanitarium is generally used in America in place of sanatorium. These two names might with advantage be used with stricter attention to their derivative meaning. The former might be applied to any specially healthy place; the latter to a place with arrangements for restoring people to health—the former to an open health resort; the latter to an establishment for hygienic treatment. The following is a list of the principal American sanatoria for consumptives:—

Adirondack Cottage San.	New York State	1780 feet	94 beds
Gabriels	"	1970 "	50 "
Loomis	"	2300 "	90 "
Seaton	"	?	?
De Peyster	"	1100 "	40 "
Montefiore Country Home	"	?	40 "
Sharon San.	Massachusetts	350 "	9 "
Mass. State Hosp. for Cons.	"	1900 "	?
Philad. Hosp. for Dis. Lungs	Pennsylvania	500 "	72 "
Winyah San.	N. Carolina	2350 "	60 "
Aiken Cottages	S. Carolina	? 350 "	?
Hygeia San.	Alabama	350 "	65 "
Glockner	Colorado	6000 "	40 "
Colorado	"	5900 "	100 "
Bellevue	"	? 5280 "	15 "
The Home, Denver	"	6250 "	22 "
White Gables San.	Texas	1428 "	25 "
St. Mary's	California	? 4700 "	?
Las Vegas	New Mexico	6767 "	350 "

THE ADIRONDACK COTTAGE SANITARIUM

was founded in 1884 as an attempt to place within the reach of working men and women the advantages of climatic and sanatorium treatment at as moderate a cost as possible.

It is situated one and a half miles from the village of Saranac Lake, in the Adirondack Mountains, New York State, on sandy soil resting on primary rocks. The grounds, which cover an area of about forty-five acres, are surrounded on most sides by densely wooded heights covered with evergreen trees, which protect the place against wind. The sanatorium itself is several hundred feet above the Saranac river valley, at an altitude of 1780 feet above the sea level, on a protected shelf-like plateau on a hillside which slopes to the east and south-east. The prevailing winds are west and south. The climate in winter is cold, with many windless snowy days. Snow lasts from the middle of November to the middle of March or April. Rain and snowstorms are frequent; and cloudy weather preponderates at all seasons, especially in winter. In February, 1894, the mean temperature was 13°, the minimum - 31° F. In July, 1894, the mean was 66°, the maximum 91°. Gener-



**FIG. 3.—THE ADIRONDACK COTTAGE SANITARIUM, NEW YORK STATE.
ADMINISTRATIVE BLOCK.**

[Face page 85.]

ally speaking, the climate may be characterised as cold and moist, but in winter cold and dry.¹

The sanatorium was originally built to accommodate nine patients, but now has beds for ninety-four. It consists of twenty-two different buildings, from 75 to 100 feet apart, grouped around a large main structure on three floors. This contains the executive department, dining-room, offices, kitchen, baths, closets, nurses' and doctors' rooms, together with a few large rooms for a limited number of patients (fig. 3). The general sitting-room is 30 × 40 feet; the common dining-room, 40 × 50 feet. One of the buildings, enclosed by glass, is used as a recreation pavilion. Two of its sides (to the windward) are kept closed, the others being always open. Another building is used as an "infirmary," for the care of those who require to be kept in bed. The cottages are small one-storey buildings for from two to nine patients, the majority accommodating four or five. Each patient has his own bedroom, opening into a central sitting-room. The bedrooms average 10 × 14 feet, the sitting-rooms 18 × 25 feet. The partitions between the rooms are of solid masonry, but those between the bedrooms and the central sitting-room are only seven feet high, so as to give a larger ventilating space; moreover, the inner doors do not touch the floor. Ventilation is by means of open fireplaces in the central sitting-rooms, and by transoms over the verandahs and small openings over the windows of the bedrooms. The main building is ventilated by open fireplaces and ventilators in the ceiling, which lead by tin pipes to the chimneys. It is also heated by hot water. The cottages are heated by hot water, stoves and fireplaces. The whole sanatorium is lighted by electricity. The buildings are all constructed of hard wood and masonry, with as few angles as possible; the walls being of smooth varnished wood, without curtains or hangings, and the floors of hard-wood, without carpets and with as few rugs as possible. Verandahs are placed outside the cottages, with glass par-

¹ Solly, *Medical Climatology*, London, 1897, pp. 210-214.

titions on the windy side. The water supply is from the village waterworks, about two miles distant, and has a pressure of 90 lb. The drinking water comes through iron pipes from a spring 85 feet above the sanatorium, at a point higher than any human habitation. The sewage is discharged into the river 200 feet below the bluff on which the sanatorium is built.

For disinfecting the rooms reliance is placed upon ample ventilation, sunlight, and soap and water. The walls, floors and furniture are washed daily with damp cloths. Strict rules are enforced concerning the *sputa*. Each patient is furnished daily with two small pasteboard spit-cups in a frame. These are placed in a receptacle and burnt in a crematory. In the halls, passages, and verandahs about four feet from the ground, are small boxes with lids containing pasteboard glazed spicups, which are burnt and replaced every day. At meal-times Japanese paper napkins are freely supplied and afterwards burnt.

The exercise taken by patients is prescribed by the physicians. Those who show any appreciable rise of temperature are only allowed to walk to the dining-room for meals, and kept sitting out-of-doors during the febrile period in the afternoon. If the temperature rises above 100° F. no exercise is allowed. The exercise taken by non-febrile patients is determined by the state of circulation, nutrition and appetite. Hydrotherapy is not used, but patients have free access to the baths in the institution. Few medicines are given, and principally those of a reconstructive kind, such as cod-liver oil, hypophosphites, arsenic, and, where indicated, creosote in small doses. No other antiseptics or specific remedies are given, excepting in a few selected cases which have been treated with tuberculin.

The sanatorium is under private management, State aid having been refused. It is directed by its founder, Dr. E. L. Trudeau, and a board of trustees, with the help of two resident physicians, examining physicians in New York and other large cities, and trained nurses in the "infirmary".

The charges are \$5 per week to all alike, the deficiency (about \$2) being covered by subscriptions and contributions. There are no extras, excepting for extra washing, medicines (supplied at cost price), and a small charge for nursing in the "infirmary".

The average length of stay is six months; one year is the limit; but in exceptional cases when necessary this rule is not enforced. Patients who show no improvement after a reasonable period are advised to return home. Advanced cases and active types of disease are only exceptionally admitted. Those who can afford to pay more than the low prices charged are not admitted. Friends are only allowed to remain a week, and pay \$1.50 per day. The institution is non-sectarian; there is a stone church in the grounds, in which services are held nearly every Sunday by clergymen of any denomination who may volunteer their services.

Statistics.—20 to 25 per cent. are apparently cured, and in 20 to 35 per cent. more the disease is more or less permanently arrested (mean results of ten years). If the most favourable of the cases admitted are separated under the term "incipient," the proportion of patients cured is as high as from 30 to 35 per cent.

Saranac Lake village can be reached in thirteen hours by rail from New York without change of carriage. The patient can have all his meals brought to him in the train.

THE GABRIELS SANITARIUM

is being erected in the Adirondack Mountains, at an altitude of about 1970 ft., near Paul Smith's, Franklin Co., New York, and will have fifty beds, under the care of Catholic Sisters. Paul Smith's is on the north shore of the Lower St. Regis Lake, a lovely chain of lakes about five miles long, with sandy shores and very little rock. The neighbourhood is comparatively level, with one mountain (St. Regis), about 3000 ft. high.¹

¹ S. E. Solly, *loc. cit.*, p. 210.

THE LOOMIS SANITARIUM

is situated about 120 miles from New York, at Liberty, Sullivan Co., in the midst of a rolling mountainous country, which forms the highest land between New York and the great lakes. The Catskill Mountains are some twenty miles to the north and east; southward is a wide valley for forty miles; westwards the view extends over the tops of hills for fifty miles along the river Delaware into Pennsylvania. The value of this beautiful country was advocated years ago by Dr. St. John Roosa and the late Dr. Alfred Loomis. There are practically only two seasons, winter and summer, with a rapid transition between the two. The winters are cold and dry, while even in summer the air is dry and exhilarating and the nights cool and refreshing.

The sanatorium was erected by public subscription and opened on 1st June, 1896, with accommodation for twelve patients, but has now beds for ninety with additional tent accommodation in summer. It stands 2300 feet above the sea level on a southerly slope, protected by a rocky wooded ridge to the north. The grounds belonging to the institution have an extent of 193 acres, and form part of a very large tract of open country. The grounds have been laid out with roads, paths and terraces.

The sanatorium consists of a group of buildings scattered across the turf and connected with paths. The largest is the administration building (fig. 4), which is a picturesque three-storey building with verandahs and round pointed roofs, and out-buildings attached in a long line beside it. This contains on the ground floor the reception-room, library, dining-room, offices, drug-room, butler's pantry, kitchen, store-room and laundry. On the next floor are the solarium, four emergency wards, laboratory, nurses' rooms, baths and closets, guest rooms and sleeping quarters for the resident staff. On the third floor are servants' quarters and store rooms. Another building, the casino, is a two-



FIG. 4.—THE LOOMIS SANITARIUM, NEW YORK STATE. ADMINISTRATIVE BUILDING.

[Face page 88.]



FIG. 5.—THE LOOMIS SANTARIUM, NEW YORK STATE. MARCY LESTER COTTAGE.

[Face page 89.]

storey building with pointed roof and large open verandah devoted to amusement, and containing a billiard table, piano, harmonium, etc. Two other cottages of two storeys each accommodate respectively twenty-three and sixteen patients. Five other one-storey cottages accommodate eight, eight, four, four and five patients respectively. There are two other buildings, of which one accommodates seven, the other ten patients. The buildings are mostly flat on one side and rounded on the other with verandahs which are protected in winter by glass at the exposed ends, but remain open to the south (fig. 5). There are bathrooms and closets in every cottage, averaging one to every four patients. Each cottage has one or two parlours. The bedrooms average twelve by fourteen feet in size, some provided with chimneys. Nearly all accommodate but one patient, eight have beds for two a piece. Each building is heated by its own hot water or steam pipe plant, and is lighted with electricity from a central dynamo. Ventilation is by open windows, through the steam heating level, and through the open fireplaces. The temperature is not allowed to exceed 65° F. by day and 40° by night in the winter months.

The walls and floors are capable of easy cleansing and disinfection. The furnishing is comfortable but simple, without unnecessary hangings, and without fixed carpets. The water supply is from two large springs which fill a reservoir above the highest part of the sanatorium. The sewage is disposed of according to the Waring system. Trained nurses are kept in the sanatorium. There is also a nurses' training school consisting at present of thirteen members who are given practical training every day, and lectures and recitations every four days. The superintendent is a graduate of a New York training school; the course of training of two years' duration. The physician in charge (Dr. J. E. Stubbart) lives in a separate house; a house physician and assistant house physician are lodged in the administration building. Service is held every

at a charge of \$2.50 per week, including medical attendance and drugs. There is accommodation for forty children.

THE MONTEFIORE HOME COUNTRY SANITARIUM

is under the same management as the Montefiore Home for Chronic Invalids at New York, described at p. 117.

It is situated at Bedford Station, Westchester Co., New York State, in a sheltered situation on the Berkshire Hills, which form the highest part of the county, and is sixty miles from New York or one and a half hours by rail.

Opened early in 1897 with beds for ten patients, it was very soon enlarged to accommodate forty; and it is hoped to further extend the number of beds to sixty.

The two buildings are frame houses, one of which has a large verandah. There is also a good bathroom, and heating by hot water.

The grounds cover 136 acres of land. It was originally a farm; and patients are sent there who are able to do a little light work, with the object of ultimately making the sanatorium self-supporting. It has already begun to supply the Home in New York with milk and eggs. Nearly all the patients are consumptives in an early stage; but a few are sufferers from asthma, neurasthenia, etc. Only men are admitted, and no charge of any kind is made. There is at present no house physician; but one of the visiting physicians of the Home in New York attends once a week, and more frequently if called through the telephone.

THE SEATON SANITARIUM

is situated at Spuyten Duyvil, N.Y., and has two visiting physicians, Dr. Jackson and Dr. Shrady, but no house physician. I have, however, no further information about it.

SHARON SANITARIUM,

which was founded by Dr. V. Y. Bowditch in 1890 by means of public subscription, is situated about one and a half miles from the village of Sharon, five minutes' walk from the

station on the Providence Railway, and eighteen miles from Boston. It stands amidst hilly country covered with pine woods, on thirty feet of gravel and sand, at a height of 300 to 400 feet above the sea. The climate is moist and variable. The sanatorium is on the southern slope of a hill, in about 130 to 140 acres of woodland, protected by hills to the N. and W., and by thick pine woods in the immediate neighbourhood, and has a large amount of open land to the south. It is a large wooden building with accommodation for nine patients, and has been constructed so as to obtain as much fresh air and sunlight as possible by means of numerous windows and open fireplaces in every room. Each patient has her own special bedroom, which averages 10×12 feet. The walls are painted, the floors of hardwood, the corners rounded in the newer parts. Rugs are used instead of fixed carpets, and no dusting or sweeping is done, the rooms being cleansed with damp cloths, which are afterwards boiled or burnt. The heating is by a hot-air furnace, with hot-water attachment in the bathrooms. There is a good supply of pure spring water. The sewage runs into a cess-pool with an overflow 200 yards from the house. There are broad piazzas for rest in the open air, part covered with a verandah.

The place is intended for consumptive women only of the refined but not wealthy classes—such as school teachers, needlewomen and the like. Only cases in an early stage are admitted. It is managed by a matron who is a trained nurse, other nurses being obtained if necessary. The medical director is Dr. V. Y. Bowditch, of Boston, whose assistant visits the sanatorium every day. The treatment is for the most part hygienic—good food, fresh air, regular hours, and carefully regulated exercise. Three *meals* per day are provided, with two lunches of milk and eggs. The windows are always kept open; febrile patients rest in bed; others rest on the piazza in all weathers, or take increasing exercise according to their condition, always stopping short of fatigue. Respiratory exercises and the

pneumatic cabinet are used in all suitable cases. Hydro-pathy is not employed excepting in the shape of cold sponging. Cod-liver oil and counter-irritants are occasionally used. Klebs' antiphthisin has also been tried in a few cases. Hypophosphites, bitters, malt extract, and iron are the drugs chiefly used; and special attention is also paid to the state of the stomach and bowels. The *sputa* are received into "sanitas paper sputa cups," and afterwards burnt. Patients in the grounds carry rubber pouches with Japanese paper napkins, which are also used at meal times and destroyed by burning. Linen is disinfected by boiling. The rooms after a patient leaves are disinfected with chloride of lime solution. The charges are \$5 per week, including all but washing.

The results are very satisfactory, when it is remembered that the sanatorium possesses no special advantages from climate or elevation above the sea level, and is situated in a district where phthisis abounds. It may fairly be said that Dr. Bowditch has proved that the treatment can be satisfactorily carried out within a very moderate distance of a large town or city, and with very simple means. He stated in June, 1896, that out of sixty-four cases treated during the last five years the disease was arrested in over one-third (twenty-two cases). In all but six the arrest continued, and the patients had remained in good health, mostly for more than two years. One had died after an operation for uterine disease without recurrence of the pulmonary symptoms; three others had died of phthisis; but two of these had resumed an unhealthy mode of life contrary to advice.

THE MASSACHUSETTS STATE HOSPITAL FOR CONSUMPTION has recently been finished (January, 1898), and is to be immediately opened. It is situated in Worcester Co., near Rutland, 1300 feet above the sea. It consists of a number of one-storey wooden buildings of various sizes, arranged in a semicircle, with the administrative block in the centre. On one side are pavilions for men, on the

other for women. The larger buildings have each seven private rooms and one large ward for twenty-two patients. The smaller have only a ward for ten patients. Each pavilion has its own solarium constructed entirely of glass, and is surrounded by a broad verandah.¹

THE PHILADELPHIA HOSPITAL FOR DISEASES OF THE LUNGS belongs to the Protestant Episcopal Mission of that city, and is managed by a board appointed by the bishop of the diocese. It includes a small temporary hospital for men (House of Mercy) in the heart of the city, and a larger hospital for women at Chestnut Hill. These institutions are mainly, but not exclusively, intended for the reception of consumptives, and formerly went under the name of Homes for Consumptives. The patients are for the most part poor people, who are admitted free of charge; but well-to-do patients also enter at times, and make a donation to the funds, there being no stated charges for such cases. All stages are admitted, the length of stay being usually three months, prolonged to six, or more if advisable. The mission also has a number of sick-diet kitchens in the city, and helps the poor in this way in their own homes. Last year (1897) 164 were admitted to the two hospitals, and thirty-six helped in their own homes with food and money. From 25 to 33 per cent. of those admitted to the hospitals are said to be apparently cured, a fair proportion permanently. The medical staff consists of two resident officers, a clinical clerk, and eight visiting physicians. There are altogether nine nurses.

THE HOUSE OF MERCY,

or male branch, is at 411 Spruce Street, next to the general offices of the mission. It consists of an ordinary house, which has been adapted for the purpose, and has twelve beds. This will probably be replaced by a more permanent and more suitable building.

¹ *Heilstätten Correspondenz*, Jan., 1898.

THE CHESTNUT HILL HOSPITAL

is within twelve miles of the City Hall, in a residential suburb of Philadelphia at its most northerly part. It is surrounded by gentlemen's country seats of one to two acres, and has farm lands to the north, being practically in the country. The mean temperature of this part is some 6° colder than that of Philadelphia itself. The soil is of limestone. There are about thirteen acres of ground belonging to the hospital, partly wooded and partly open. The sanatorium is about 500 ft. above the sea, on the crest of a hill which forms the highest ground for miles. There is no special shelter against wind from hills or trees. The buildings are on the southern slope, and consist of a central administrative block, with a number of cottages on each side, mostly built within the last ten years and accommodating sixty patients. The administrative building contains the day rooms, doctors' quarters, dining-room, kitchen and emergency room. There is also a small kitchen in each cottage. The patients' bedrooms are all to the south, corridors with double windows to the north. The rooms are large, and mostly contain but one bed, a very few having two. Most of them have chimneys. The walls are undecorated, the corners rounded. Every cottage has a large common room, which is used as a sun parlour and for other purposes. The heating is by hot air; fresh air entering an empty space under the building, where it is heated by radiation from a drum, and then driven into the rooms. The lighting is by the city gas supply; the sewerage and water supply being also connected with the city systems. There is ample provision for both rest and exercise in the open air without exposure to bad weather. Patients rest either in their own rooms, with windows open, or in the sun parlours, winter as well as summer. The douche is not used. Very little cod-liver oil is given. At the House of Mercy the *sputa* are received into porcelain spitcups, which are disinfected with corrosive sublimate

solution ; at Chestnut Hill paper spitcups are used, which are afterwards burnt. Linen is disinfected by boiling. Rooms were formerly disinfected by 10 per cent. carbolic solution and by burning large quantities of sulphur. Now formaldehyde vapour is used instead. I am indebted for these particulars to Dr. William M. Angney, consulting physician.

THE WINYAH SANITARIUM,

at Asheville, North Carolina, was founded in 1878 by Dr. J. W. Ghitsman, of New York City ; remodelled in 1888.

It is situated on lime and sandstone substrata on a south-westerly slope at a height of 2350 feet above the sea, with mountains to the north which shelter it from prevailing winds.

The grounds are about four acres, and touch the woods on the mountain slope.

The sanatorium is a three-storey brick building with accommodation for sixty patients, and has toilet and bath rooms on each floor. It contains three general assembly rooms, measuring about 40 × 60 feet. The bedrooms average 16 × 16 feet, and are provided with chimneys. Ventilation is by air shafts and open fireplaces. In addition to these, the building is heated by steam pipes. The lighting is by electricity. The water supply and sewerage are those of the city of Asheville. The establishment is under the direction and control of Dr. Karl v. Ruck, to whom it belongs. There are also an assistant physician and a resident house physician. There are no trained nurses, excepting as called in for emergencies.

Pay patients alone are admitted, and no hopelessly advanced cases are received. Patients take their meals in the general dining-room or, if they cough and expectorate freely, in their own rooms or on the piazza surrounding the building. They take exercise under daily medical prescription, according to the state of the heart and the body temperature. The cold rub is administered in all

cases, the cold douche in selected cases. Counter-irritants are not often used. Tuberculin is made use of in special cases. *Sputa* are received into spitting-flasks, and afterwards destroyed by fire. Handkerchiefs are permitted, but not for expectorating. Linen and eating and drinking utensils are purified by steam or boiling water. Rooms are disinfected by the generation of formaldehyde. They are constructed so as to facilitate cleansing.

The charges are \$20 to \$30 per week ; no extras.

<i>Statistics :</i> Early stage	.	apparent recovery	81 %	improvement	19 %
More advanced	.	"	"	35 %	" 23 %
Advanced, but	}	"	"	9 %	" 24 %
still in fair condition		"	"		

The average length of stay is six months.

The sanatorium is easily accessible from Asheville by electric tramcars.

THE AIKEN COTTAGES,

at Aiken, South Carolina, have been mentioned to me by Dr. Trudeau as a sanatorium for consumptives. Aiken stands 550 feet above the sea-level on an elevated plateau between the Savannah and Edisto rivers, a little over a hundred miles from the ocean. It lies on sandy soil amidst pine woods. The climate is mild ; there is a considerable rainfall (average 48 in.), but not much cloudy weather in winter, when the relative humidity is 59 per cent.¹ There is said to be a good water supply.

DR. SAJOUS' CO-OPERATIVE VILLAGE.

In the *British Medical Journal* for 31st October, 1891, it is stated that Dr. Sajous had started a company for supplying middle class consumptives with model cottages in suitable places under sanitary and medical supervision. The scheme was to be co-operative ; provisions, trained servants and nurses being supplied by the company. The

¹ S. E. Solly, *loc. cit.*, pp. 223-4.

rent of a furnished cottage was to vary from \$20 to \$60 per month, and the first of these villages was to be founded at New Florence, near the Gulf of Mexico. I have been unable to learn whether the scheme was ever carried out.

THE HYGEIA

is situated one mile from Citronelle, Alabama, a town of about 3000 inhabitants, free from factories, on the Mobile and Ohio railroad, and has a special station of its own. It is surrounded by rolling pine-clad country, and stands in 260 acres of land, part of which is laid out as a park, with walks and roads, croquet grounds, golf links and tennis court. Shooting and (at a distance) fishing can also be obtained in the neighbourhood.

The climate is sub-tropical, equable owing to the proximity of the Gulf Stream, yet free from extreme humidity and fogs, and mild in winter without being oppressive. There is usually very little rain, excepting for a short time in January.

The sanatorium, which is open from 15th October to 15th May, is on sandy soil, 350 feet above the sea-level, and is sheltered from winds by the extensive pine woods to north, east and west. It consists of three large buildings and five cottages, all of them wooden-frame houses with wide porches, and balconies or verandahs on every floor. The main building, which was built in 1889, consists of a dining-room, parlours and reading-room, the office and a certain number of bedrooms; while an annexe contains the kitchen and pantry, bath-rooms and barber's shop. Another building contains a billiard-room and a bowling alley, also a drug store, newspapers, books, etc. There is a separate building for consulting rooms and inhalation room, with arrangements for inhalation of medicated vapours and compressed air. The bedrooms average 15×15 feet, some at a lower price being 12×8 feet; all are to the south in the cottages, those in the main building having various aspects.

The walls are oil-painted or calcimined, the angles being partially rounded, and no prominent decorations being added. The heating is by open fireplaces; the lighting will probably be by electricity, but it is at present by oil. Ventilation is by means of open windows, transoms and other special appliances. The sewerage is carried into a stream one and a half miles off. The water supply is from springs and pumped into tanks.

The sanatorium, which is a private institution exclusively for consumptives of both sexes in presumably curable stages, has sixty-five beds. Only paying patients are received, but some are admitted at reduced rates into one of the buildings. The treatment is mainly hygienic, rest or exercise in the open air being regarded as of supreme importance. The douche is not used, but in most cases cold affusion with sponging and friction, a few receiving the dry rub instead. Cod-liver oil is not given excepting in some cases to children. Tuberculin, tuberculocidin, preventive serum and the new tuberculin T.R., have all been used in small doses in a certain number of cases, and are regarded as of value. Counter-irritation by iodine or faradisation is also occasionally employed. For the *sputa* the use of handkerchiefs is strictly prohibited, enamelled spittoons being used instead, with 1 in 1000 corrosive sublimate, the contents being afterwards sterilised by heat. Linen is steam-sterilised; rooms disinfected by formalin vapour. At the most two patients are allowed to sleep in one room. The average length of treatment is about 130 days, the longest stay having been 240 days. Patients are not advised to leave before three months in any case.

There are two or three resident medical officers, the chief being Dr. A. C. Klebs; three consulting medical officers, including Dr. Edwin Klebs of Chicago. There are also a general manager and a staff of three nurses, others being obtained if necessary. The charges are from \$15 to \$30, including board, lodging, baths and ordinary medical and nursing attendance.

The results of the two winters, 1895-6 and 1896-7, were as follows:—

On admission 31·25 per cent. were in first stage, 32·50 per cent. in second, 36·25 per cent. in third.

In 22·50 per cent. all signs and symptoms disappeared.

In 46·25 per cent. there was decided objective improvement.

16·25 per cent. remained stationary.

2·50 per cent. died.

In 65 per cent. there was gain of weight.

In 62·50 per cent. the fever diminished, in 32·50 per cent. it remained stationary, in 5 per cent. it increased.

The bacilli were absent on last examination in 40 per cent.¹

“The Necessity of Special Institutions for the Treatment of Pulmonary Tuberculosis,” by A. C. Klebs, *Tri-State Med. Journ. and Pract.*, St. Louis, May, 1897. Also private letter.

CHAPTER XVIII.

SANATORIA IN AMERICA—WESTERN STATES.

THE GLOCKNER SANITARIUM,

at Colorado Springs, is situated at an altitude of 6000 feet above the sea-level on a plateau at the northern end of the city, and two miles from its centre, being easily accessible by electric cars. The surrounding country is mountainous to the west and north, with plains to the east and south. The soil consists of gravel and sand, seventy feet thick, lying on a clay bed which slopes to the south. The Rocky Mountains and foothills surround the city on all sides and protect it against wind. The sanatorium, which was specially built for invalids by Mrs. Glockner in memory of her husband, Mr. Albert Glockner, stands in a garden 400 feet square, and has accommodation for about forty patients, consumptives in all stages being admitted as well as other patients. It is managed by sisters of charity and has trained nurses but no regular medical staff, the patients calling in whatever doctor they please. The building is of brick, with a southerly aspect, and is so constructed that every room receives the sun, and every part is readily cleansed. It is said to have every modern convenience and appliance, with porches and covered balconies on every storey, some enclosed by glass. It is heated by steam, the assembly rooms and some of the bedrooms being provided with chimneys. Ventilation is by means of transoms and windows. The assembly rooms are 52 x 16 ft.; the bedrooms averaging 12 x 18 ft. The place is lighted by electricity. There is a good water supply. The sewerage

is connected with the city system. The *sputa* are received into sanitary cuspidores which are afterwards burnt. The rooms are disinfected by formaldehyde gas. The *meals* are : breakfast at 8 A.M., dinner at 1 P.M., supper at 6 P.M. ; milk, meat juice and eggs as requested between meals. Massage is often used ; counter-irritants and cod-liver oil in suitable cases, but no specifics as a rule. Patients take plenty of exercise if their strength permits. Hydropathy is not employed, excepting ordinary baths. The charges are from \$8 to \$15 per week for board and lodging ; medicines, stimulants and medical attendance being extra.

THE HOME, DENVER, COLORADO,

was founded in September, 1895, by the Council of the Episcopal Church of Colorado, with the help of subscriptions from wealthy people in New York and elsewhere. The object was to establish a home for consumptive Christian ladies and gentlemen of limited means, mainly of the professional classes. A reference is required as to character before admission. The sanatorium is chiefly intended for early and presumably curable cases, but every stage is received and provision is made for nursing those who require it.

The home is under the superintendence of the Rev. F. W. Oakes, with the help of a manager who has had long experience in both hotels and hospitals. There is a Board of Management consisting of the Rev. F. W. Oakes, Dr. Samuel A. Fisk and Rev. David H. Moffat, under the presidency of the Rt. Rev. Dr. Spalding. There is no medical resident, but each patient selects his own medical adviser from Denver or elsewhere.

The home is about ten minutes' ride by cab or tramcar from the post office at Denver on an elevation commanding an extensive view over the city, the Rocky Mountains for about 150 miles and the plains to the east for several hundred miles. An uninterrupted view may be had from the porches of Pike's Peak, Mount Evans and Long's Peak.

The sanatorium lies at an elevation of 6250 feet above the sea-level, on three or four acres of ground which slope to the south and east. The Rocky Mountains protect it to the west.

There are no trees within 500 feet of the building. The soil is very porous and sandy. The sanatorium consists of four separate buildings (fig. 6), united by a roomy, well-lighted corridor, which itself forms a sort of elongated sitting-room, and the roof of which is used as an open-air lounge. One building ("St. Andrew's House") is for men; another ("Grace House") is for husband and wife, or mother and son; next in order is the "Emily House" for women; and next to this "Heartsease," for those in need of nursing. The three former consist of two floors and an attic floor. There are sitting-rooms in every house and covered porches front and back surmounted by large balconies with awnings; also a music room; a library with 2000 volumes; a gymnasium with billiard tables, dumb-bells, etc.; a large dining saloon; and an abundance of bathrooms, lavatories and closets. The place is most luxuriously furnished and decorated with valuable pictures, rich carpets, and all the comforts and conveniences of a well-appointed home. All walls are painted in oil, the angles being square. Floors are all varnished, the rooms are all sunny and of good size, none less than 14×15 ft. and $11\frac{1}{2}$ ft. high, some are 18×20 ft. Every room, including bedrooms, is furnished with a fireplace and chimney, and separated from the next by a brick wall. "Heartsease," which was built in 1897, is connected with the rest of the establishment by a covered corridor with tiled floor. It is a four-storey building. The basement, which is partly above ground, contains kitchen, pantry and servants' quarters; the ground floor has a large and beautiful sitting-room with large bow windows and window seats; a dining-room, diet kitchen, bath-rooms and seven large bedrooms; the upper floors contain more patients' rooms, of which there are twenty-two in all. Every partition consists of a thick (15") brick wall,

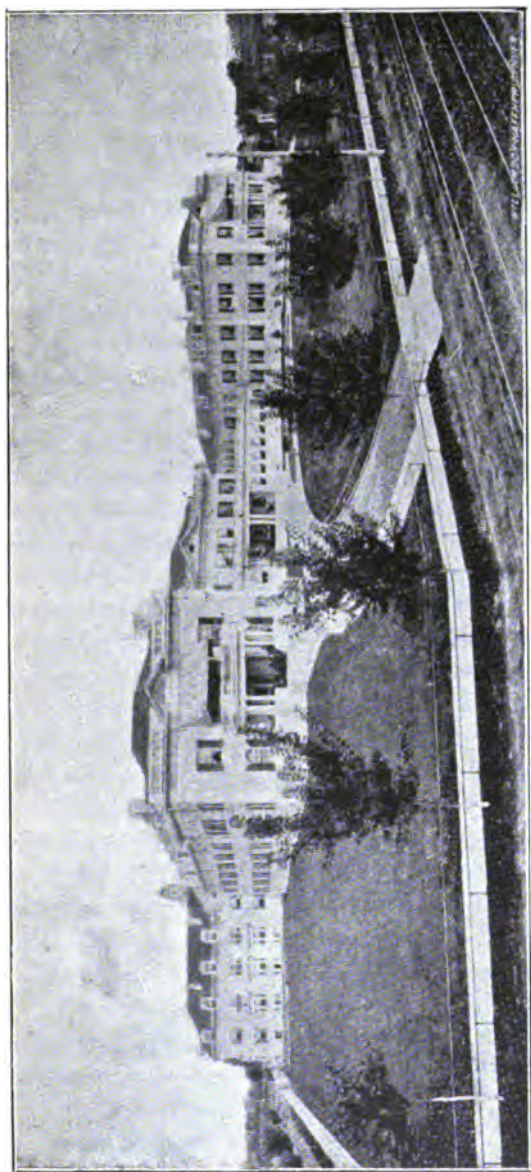


FIG. 6.—THE HOME, DENVER.

[Face page 101.]

which is practically sound-proof. There is only one bed in each room, the walls and furniture being of much the same character as in other parts of the establishment. There is a diet kitchen on each floor where light cooking is done by electricity. This kitchen is connected with the main kitchen by a dumb-waiter. Each room has its separate silver service, linen and china, and each floor is in charge of trained nurses, of whom there are one to every six patients, besides the superintendent nurse. Every floor has its own baths, etc., with tile, marble and porcelain fittings. There is a lift to every floor, and a well-stocked drug room. The whole house is in charge of a skilled and trained nurse matron.

The home is heated by indirect central steam heating, and lighted by electricity. The water supply, which is cool, soft and abundant, is from a private artesian well. The house is connected with the city sewers, and its sanitary arrangements are said to be very good. Ventilation is by the fan system. There are two 100 in. fans in the basement forcing fresh air into every room and replacing the air twelve times per hour. Windows are kept open whenever it seems advisable. The *sputa* are exclusively received into cuspidores, which are cleansed four or five times a day with a strong solution of corrosive sublimate. The linen is steam-cleaned; the rooms disinfected with formaldehyde and then washed; bedding and rugs sterilised by heat. Most of the patients who enter the home are fairly well and able to take plenty of exercise. There is accommodation for altogether 100 visitors. Three meals a day are provided: at 7·30 to 9 A.M., 1 to 2 P.M., and 6 to 7 P.M.

The charges are \$9 per week for board and room, or \$25 in "Heartsease," also including the nursing, but not the medical fees. These charges, which only pay about half the expenses, are supplemented by subscriptions. There is one endowed room for a male visitor. A chapel is soon to be built, which will be lighted at night and always kept open.

LAS VEGAS SANITARIUM

is situated at Las Vegas Hot Springs in the northern portion of New Mexico, U.S.A. Las Vegas Hot Springs is a health resort six miles from Las Vegas, on a branch of the Santa Fé Railway, which has five trains each way per diem. It is under the control of the railway company, and forms a village entirely devoted to the needs of visitors and invalids, and specially laid out with a view to hygienic requirements. The position and climate are unusually good. Standing in the same latitude as the African Sahara, it is at a considerable elevation, so that hot weather is unknown. Blankets are required every night of the year, and the summers are delightfully cool. During the two summers of 1896 and 1897 the temperature never rose to 90° , and in 1897 it did not reach 80° . In winter there is sometimes snowy weather, but as the place shares in the dryness characteristic of the Rocky Mountain region, the cold is beneficial to tubercular conditions without being disagreeable. The average winter sun temperature is 76° . The daily average is said to be 20° higher in winter than at Denver, and 20° lower in summer. The average annual rainfall is 12.7". From September to June the average is considerably less than 1". The average number of sunny days is 326. The sanatorium stands on granite and sandstone, at a height of 6767 feet above the sea-level, at the entrance of a cañon of the Rocky Mountains, in the Canadian valley (fig. 7). Neighbouring peaks of the true Rocky Mountain range to the west rise to heights of 10,000 and 14,000 feet; north and south are spurs from the same range, and all round, forming four-fifths of a circle, are the foothills. There is consequently very complete protection against wind, and sandstorms are said not to occur there. Owing to the dryness of the air, it is quite possible for invalids to remain out of doors day and night; but the precipitation is just sufficient to ensure the growth of vegetation in the neighbourhood. Over 500 acres of

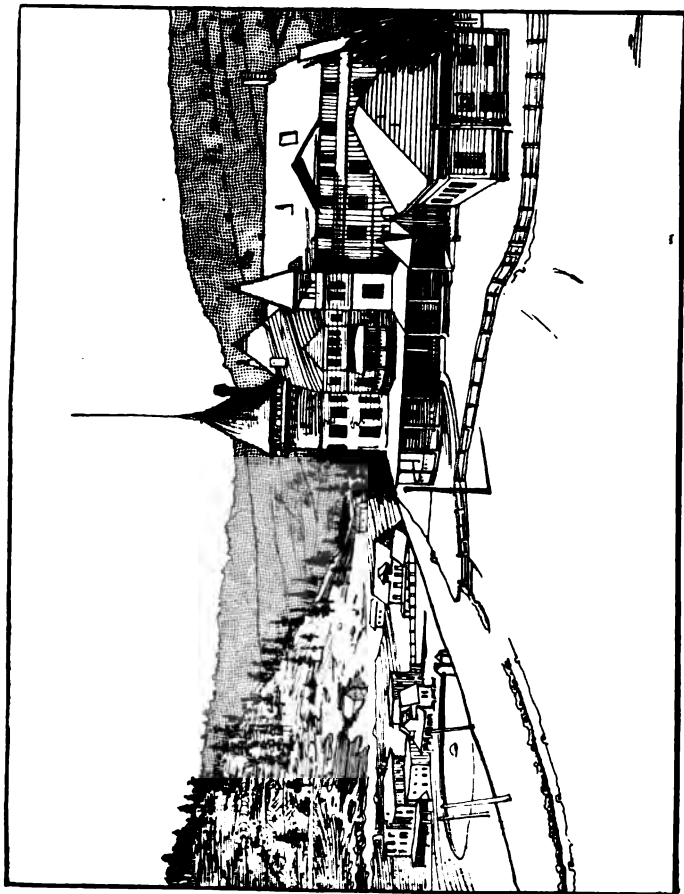


FIG. 7.—LAS VEGAS SANITARIUM.

[Face page 108,



FIG. 8.—LAS VEGAS SANITARIUM.

[Face page 107.]

land belong to the place, through which runs the Gallinas river. There are about thirty hot springs in the place, ranging in temperature as high as 144° F., and varying in chemical constitution from saline to lithia, iron and sulphur springs. Some of these are conveyed by pipes to the sanatorium. The mountains around are covered with pine trees, cotton woods, cedars, and the like. The sanatorium consists of one large (fig. 8) and several smaller buildings grouped round a central park of fifty acres. The main building (the "Montezuma") accommodates 250 visitors; another ("Mountain House") will hold sixty; and forty or fifty more can be lodged in cottages and at the bath establishment. There is a dining saloon to seat 250 people, and a lecture hall for 500. The main building is of stone, and consists of an irregular oblong mass, with a round tower at one end furnished with a spire and with a circular sun gallery just under the roof. At the foot of the building is a verandah 15 feet wide and 544 feet long, protected by 70 feet of glass in case of bad weather. The bedrooms average 13 × 15 and 13 feet high, but some are much larger. The whole establishment, including the cottages, is heated by steam pipes, and lighted by electricity. There are no stoves or chimneys. Pipes convey fresh air into each room, and independent flues carry out the foul air through the roof. The sewerage is according to the Bertin system. A reservoir 200 feet above the sanatorium hewn out of the solid rock and containing 4,000,000 gallons is filled with water pumped out of the stream, and flushes the sewers. These are carried down 150 feet lower and one mile away to a farm of fifty acres and purified by irrigation. The drinking water is abundant and entirely from natural springs. The *meals* are at 7:30 to 9:30, 1 to 2:30, 6 to 8; and an early breakfast at 6 to 7 A.M. in the bedroom if desired. Two lunches are served free out of doors at 11 A.M. and 4 P.M. The supplies come partly from the farm and from hothouses belonging to the establishment. A herd of goats is also kept. A bath-house 140 feet long provides swimming and various

hydropathic appliances. In another house peat baths are provided. There is a hospital with all modern appliances facing the park some distance from the main building. Attached to this are trained nurses and a training school. Other buildings connected with the sanatorium are a casino, post office, station house, power house, school house, barn with stables, telegraph and telephone office, open day and night, as well as express and money order office. The sanatorium is officially recognised as a meteorological station. Altogether $1\frac{1}{4}$ million dollars have been spent upon the place to render it as perfect as possible for both invalids and pleasure-seekers. No advanced cases of phthisis are received, nor any infectious or otherwise obnoxious or incurable cases. Indiscriminate spitting is strictly forbidden, and great care is taken to disinfect the *sputa*, which are received into cuspidores half full of water, collected twice daily, no handkerchiefs being permitted for this purpose. The cuspidores are disinfected by carbonate of soda, followed by steam, then by pure carbolic acid, again by steam, and finally washed with hot water, and left half full of water. The linen is disinfected by steam. Rooms vacated by invalids are disinfected by formaldehyde gas. The sanatorium is under medical control and management. The medical director is Dr. Wm. C. Bailey. There is in addition a second medical officer; also a consulting board of three and an advising board of seven, who are non-resident.

Consumptive patients are kept out of doors as much as possible. Cod-liver oil is not used, and counter-irritation only occasionally. Monthly reports are sent to physicians who send cases. For those who are fit for it there is plenty of amusement in the shape of riding, driving, mountain climbing, hunting, fishing, and out-door sports generally, besides entertainments in the lecture hall.

The institution is one year old. Last year there were 195 patients received, with four times as many guests and friends accompanying them. No charity cases are received. The length of stay is most variable. The charges are from \$2

per day upwards, or \$12.50 per week upwards. For patients \$5 to \$10 are charged for the first examination, after which a weekly charge is made of \$16 upwards, including board, room, medical attendance, ordinary medicines and ordinary nursing, and meals in room if so ordered by the medical director; but not including the treatment of unforeseen complications or special nurse. Goats' milk is supplied free of extra charge.

THE COLORADO SANITARIUM

is a branch of the Battle Creek Sanitarium in Michigan, and was established five years ago on the western outskirts of Boulder, twenty-nine miles north-west of Denver, on a branch of the Union Pacific Railway. Boulder is an incorporated city of 8000 inhabitants, without any factories, and is the seat of the University of Colorado. It is placed at the entrance of three beautiful cañons to the east of the Rocky Mountains, 5300 feet above the sea-level, being also protected by mountain spurs to the north. It enjoys a very fine climate throughout the year, having about 340 sunny days, a cool and pleasant summer, with the temperature of the North American lakes, and a mild and genial winter. The air is exceedingly dry and bracing.

The sanatorium stands about 200 feet above the city, close to the foothills of the Rocky Mountains, and overlooks to the east and south a land of fertile prairies which grow corn and fruits in great variety. The city of Denver can just be seen from its upper floors, as well as a number of small towns and villages in the distance. To the west of the sanatorium are the snow-clad peaks of the Rockies. As the prevailing winds are from the west, and no towns or villages of any size exist on this side for 300 miles, the air is exceedingly pure. In some parts of Colorado the wind is sometimes unpleasantly strong, but at the Boulder Sanitarium strong winds are not common, and come chiefly in early spring and late autumn. The soil of the district is of sandy loam and clay. The grounds of the sanatorium

cover ninety acres, consisting partly of foothills, partly of more level ground, and laid out in drives, walks and paths. There is a lawn in front of the sanatorium with flower-beds, fountains and shady trees.

The building, which is two years old, consists of a main building, with three smaller ones, all built of brick, faced with red stone, heated by steam, and supplied with lifts, electric bells and lighting. The main block, which faces east, is 110 feet long by 66 feet wide, with a large wing in the rear, and has four floors and a few attic rooms. The kitchen and dining saloon are on the fourth floor, the latter being provided with numerous large windows, with a fine view over the prairies. The three lower floors have large balconies or verandahs, the two lower running the whole length of the building on the east and south sides. The patients' rooms average 15 sq. feet and 10 feet high, and are mostly to the south or east. They are all single-bedded, with independent ventilation, and a separate air shaft to each. In addition to these there are various parlours and common rooms and two large suites of rooms for treatment, including inhalation rooms, bath and douche rooms for ladies and gentlemen, and a gymnasium where Swedish movements and various gymnastic exercises are carried out under a trained superintendent. The decoration and furniture are simple and cleansable, with no unnecessary hangings or carpets. The engines and machinery for heating and lighting are in a separate building. The water supply, which is from melted snow, comes in closed pipes for ten or fifteen miles down the mountain side. The sewerage is said to be good.

The institution is conducted by an association, controlled by a board of seven, of which the president is Dr. W. H. Riley, Professor of Diseases of the Mind and Nervous System in the University of Colorado, who was for fifteen years attached to the Battle Creek Sanitarium. With him are three other physicians, and a staff of trained nurses and attendants. The institution is not a money-making

concern, and declares no dividends. Those connected with it receive only nominal salaries, or none at all.

Patients with all kinds of ailments are admitted, of both sexes. The majority pay from \$13 to \$35 per week, including rooms, board, medical attendance, and "two treatments daily by a skilled attendant". Some are received free of charge. There is accommodation for 100 patients, but, owing to the large number of applications, it is proposed to enlarge the establishment. Last year (1897) about 700 were treated, and \$8000 worth of charitable work was also done. The poorer patients lodge in the cottages, where the expenses are lower. Of consumptive patients all stages are admitted so long as there is a reasonable chance of cure; others being advised to return home. The average length of stay is about three months. Treatment is very systematic. At first it is often found advisable to keep patients at rest. Later on various exercises are adopted to expand the chest and restore the balance of muscular development. Massage, electricity, Swedish movements, breathing exercises, inhalations of medicated vapours from a nebuliser under compressed air, hydrotherapy of various kinds, are all employed. There is systematic instruction in mountain climbing by a trained attendant for those in suitable condition. All drugs likely to be useful are employed. Cod-liver oil and creosote carbonate are occasionally used. For the *sputa* handkerchiefs are not allowed, and patients are forbidden to smoke or spit on pain of instant dismissal. They are provided with paper cuspidores in metal holders. The former are burnt and replaced every morning. Most of those who are treated for consumption receive signal benefit. Dr. Riley informs me that of early stage cases 80 to 90 per cent. are completely cured.

MANITOU PARK,

in Colorado, which has many natural advantages, is visited by a certain number of consumptives, as well as by other

health- and pleasure-seekers. In the absence of regular medical officers, however, it can scarcely be regarded as a sanatorium.

ST. MARY'S SANITARIUM,

at Pueblo, California, is mentioned by Beaulavon (*Revue de la Tuberculose*, Dec., 1896). I have been unable to obtain any information about it.

Pueblo is a rising manufacturing town of 35,000 inhabitants, standing at an elevation of 4700 feet on both sides of the Arkansas river, which is a muddy, rapid-flowing stream. The soil is of clayey loam, "caking to the hardness of brick under the hot summer sun, dusty under the influence of a strong wind, muddy and tenacious after heavy rain or snow. From late September to March the climate is usually all that can be desired . . . a season of almost perpetual sunshine and moderate temperature. The spring months are more doubtful on account of occasional dust-storms and parching winds. The summers are very hot."¹

THE BELLEVUE SANITARIUM,

at Colorado Springs, has accommodation for fifteen patients, but is shut up for want of funds.² The climate of the place is admirable. Dr. S. E. Solly has acted as medical officer. Colorado Springs is at an elevation of 5280 feet above the sea-level.

WHITE GABLES SANITARIUM,

or St. Mary's Sanitarium, is at Boerne, Kendall Co., S.W. Texas. The town of Boerne, which was originally a colony of Germans, is on the river Cibolo, about thirty miles northwest of San Antonio, with which it is connected by rail. It contains about 700 inhabitants, and has no factories except-

¹ S. E. Solly, *A Handbook of Medical Climatology*, London, 1897, p. 363.

² Beaulavon, *Revue de la Tuberculose*, Dec., 1896; private letter from Dr. Solly.

ing one cotton gin, and is surrounded by very hilly country with deep gulches. The climate is a very good one for consumptives; average rainfall, 26 inches; mean temperature in January, about 56°, in July about 89°, with usually a pleasant breeze in summer. The soil is a black loam over limestone.

The sanatorium is situated 1428 feet above the sea-level, in ten acres of ground, which is wooded to the north and east, and laid out as a flower garden and shrubbery to the south. It is sheltered from the north by a range of hills, and is open to the south.

The building is arranged round three sides of an open courtyard, the main block of three floors being at the western end, with a one-storey projection on the north side of the courtyard, and a separate block to the east containing chapel, kitchen and laundry. The main block has four rooms on the ground floor, in addition to the office, nurse's room and vestibule; on the next floor are a reading-room, small kitchen, and seven other rooms; on the top floor a nurse's room, two large wards and two other large rooms. Along the western side of the block is a large verandah, with a balcony above it; along the lateral prolongation is another long verandah. There are water-closets on each floor, and a bath-room at the eastern end of the ground floor. The heating and lighting are somewhat primitive, and some of the rooms have no chimney. There is accommodation for twenty-five patients; the bedrooms are 10 feet high, and vary from 10 × 12 to 16 × 16, and face in every direction.

The sanatorium belongs to the Sisters of the Incarnate Word (R.C.); it was originally an old stone building bought by Dr. Wm. Miller, who acted as medical officer until last year, when it passed medically under the management of Dr. A. H. Davidson, and was completely reconstructed. The number of nurses varies according to need.

Consumptives in every stage are admitted, as well as sufferers of both sexes from other ailments. Infectious

cases are not admitted. Patients spend much time in the open air. The douche is not employed. Cod-liver oil, with or without maltine, is often given. Paquin's serum was tried in some cases, but without much success. The *sputa* are disinfected by "chlorides," spitting flasks being used indoors and handkerchiefs out of doors. Linen is disinfected by boiling.

The charges are from \$25 to \$90 per month.

I am indebted to Dr. Miller for an account of his system of managing the institution. Mainly intended for consumptives, it was necessary also to provide rooms for other medical and surgical cases, which were placed in a different part of the building. Acute and advanced cases were admitted to the institution, but hopeless cases were sent home. Early and quiescent (first and second stage) cases were not retained in the building, but sent on to one of a number of cottage sanatoria in the surrounding country, which were gradually organised by Dr. Miller. These consisted of a number of detached cottages of two and three rooms, well built and ventilated, with a central dining hall and sitting-room, all comfortably furnished. Five such sanatoria were built up under his supervision, with accommodation for about 150 visitors, who were lodged and boarded with an abundance of well-cooked suitable food for about £5 per month. During 1896-7, 731 patients were under treatment at the sanatorium and the auxiliary resorts, with the following results :—

Number of patients.	Stage.	Average number of days under treatment.	RESULTS.			Died.
			Im-proved.	Unim-proved.	Un-known.	
1896, 420 {	First 78	22	24	5	44	} 14
	Second 102	31	35	12	55	
	Third 245	42	45	55	131	
1897, 311 {	First 52	20	29	4	19	} 12
	Second 69	35	21	8	40	
	Third 190	48	18	42	118	

CHAPTER XIX.

HOMES AND HOSPITALS FOR CONSUMPTIVES IN AMERICA.

THE following institutions, which are scarcely to be classed with sanatoria, exist in the United States:—

- Loomis Hospital and Dispensary, New York.
- St. Joseph's Hospital for Consumptives, New York.
- Brooklyn Home for Consumptives, New York.
- The Montefiore Home for Chronic Invalids, New York.
- House of Rest for Consumptives (Prot. Episc.), 1831
Anthony Avenue, Tremont, New York.
- The Rush Hospital for Consumptives, Chicago.
- The Cullis Home for Consumptives, Boston.
- The Channing Home for Consumptives, Boston.
- The Free Home for Consumptives, Dorchester, Boston.

The Hospital for Diseases of the Lungs, Philadelphia, and the Massachusetts State Hospital for Consumptives, however, which appear to base their treatment on hygienic methods, and to be suitably situated for the purpose, have been included among sanatoria, and described at pp. 94, 95 and 96.

ST. JOSEPH'S HOSPITAL,

in New York City, although not strictly a sanatorium, merits a brief description, as it is probably the largest consumption hospital in the world. It is owned and managed by the R.C. order of the Sisters of the Poor of St. Francis, who also have a number of other hospitals in various parts of Europe and America. It is open to the poor, irrespective of race, nationality or religion, and also

admits patients for a small payment into small wards and private rooms. Consumptives in all stages are admitted, but are distributed into different wards according to their stage and condition.

The hospital is situated in the suburbs of the city, between 143rd and 144th Streets and St. Ann's and Brook Avenues, occupying the whole block. It is surrounded by a garden, and looks out on the south and east on to open park grounds. It is a large pile, built ten years ago, with projecting wings on five floors including basement, with a south aspect, and contains accommodation for 365 patients. There are five large wards containing from twelve to sixteen beds on each floor, all looking south; and at the eastern and western ends of the buildings other small wards for from two to eight, and small private rooms for one patient each. The walls are of plaster or covered with glazed paint; the floors of varnished hardwood. The kitchen and laundry are in a separate wing. The water supply, sewerage, and gas lighting are connected with the city systems. Besides the garden, small sheltered balconies at the ends of the building are used in all weathers for the open-air treatment, but patients are drafted as soon as they are fit to one of the country sanatoria. Both sexes are admitted; the men on the first and second, the women on the third and fourth floors. In the private wards \$5 per week is charged, in the private rooms \$10; but most of the patients admitted are too poor to pay anything. Last year (1897) 1500 cases were treated, and about 1000 applicants were refused for want of room. One of the cases had been under treatment for eight years.

The treatment adopted is rest in the open air; cod-liver oil and creosote if well borne; attention to the digestive organs, which is rightly considered to be of first importance; tuberculin, aseptolin and similar remedies in selected cases; counter-irritants if needful, but not as routine treatment.

For expectorations handkerchiefs are not allowed. Every patient must use his own spitcup or small cuspidore; and

the *sputa* are not allowed to dry until they are destroyed by boiling water and chloride of lime. Rooms, floors, and walls are cleaned with moist mops and cloths.

There are twenty-seven nurses in the building. The medical staff consists of a physician-in-chief (Dr. C. M. Cauldwell, who kindly furnished the above-mentioned particulars), ten visiting physicians, and a house physician.

THE NEW YORK HOSPITAL AND DISPENSARY FOR CONSUMPTION

is under the same management as the Loomis Sanitarium, and was started in the spring of 1894 in a small four-storey house at 230 West 38th Street. It is intended for incurable and dying cases of consumption, and contains two wards; one for men and the other for women, with twelve beds in all. There are two visiting physicians and a house physician. The hospital is to be moved to a larger building.

THE HOUSE OF REST FOR CONSUMPTIVES

in New York has no separate sanatorium, but possesses sixty-two endowed beds in St. Luke's Hospital, in which patients in an advanced stage may be treated.

THE MONTEFIORE HOME FOR CHRONIC INVALIDS

is an institution founded and maintained in New York mainly by Jewish munificence. It is not entirely devoted to consumptives, but has two wards with thirty beds each for male consumptives and one ward of forty-two beds for female consumptives. It is primarily intended for those who are poor but are not suitable for treatment in hospital owing to the chronic nature of their ailments. Consumptives who are admitted (who need not be Jews) may stay there for the rest of their lives, but some who recover their ability to work leave of their own accord, or are (if men) sent to the country sanatorium described at p. 92. The home was built in 1887 on the Grand Boulevard about 300

yards from the Hudson river. Attached to the home is a park with large tents for use during rainy or windy weather. For weaker patients broad piazzas are available. The home itself is a fine building of red brick and granite in Italian style with a central block and two projecting wings, which together enclose an open courtyard. The centre is on five floors, including attics, the wings on four floors. In the rear between the two wings are the kitchen and laundry, the dining-room for 300 being over them, and accessible from the main hall in the centre building. In addition to the wards already mentioned, there are bedrooms for from two to sixteen patients mostly to the south, very few to the west and north. The larger bedrooms (eight to sixteen beds) have six to ten windows on N., E. and S. There are also two very large sun rooms mainly for the winter months, a smoking-room, and large synagogue. The rooms are painted with a light-coloured oil paint, and have rounded angles. The heating is by steam; the lighting by gas and electric light; the ventilation is said to be good; sewage goes into the Hudson river; water supply is from the city supplies.

For disinfection carbolic acid is liberally used. Linen is disinfected in a dry hot air disinfector. Handkerchiefs are not allowed. The rooms are periodically fumigated and repainted. The douche is used; cod-liver oil and maltine liberally given; creosote in small doses.

The male wards have two nurses each, the female ward has three nurses. There are three resident medical officers, to the senior of whom (Dr. Joseph Fränkel) I am indebted for these particulars. Twenty-three other physicians have professionally visited the institution. During 1897, 158 were admitted and 493 treated, 189 being for phthisis. The average of admissions for the previous five years was 241.

THE BROOKLYN HOME FOR CONSUMPTIVES

was founded in 1881 under the name of the Garfield Memorial Home as a home for invalids, especially consump-

tives, who were not admissible to hospitals owing to the chronic nature of their ailments. It is a purely benevolent and non-sectarian institution and has two sections, one of which is attended by homœopathic physicians. A children's ward has recently been added. Both sexes are admitted free of charge, and patients in any stage, even the dying. During 1897, 236 patients were under treatment, eighty-four of them in the homœopathic section. Of those treated, eighty-five died, thirty-nine left improved, eighty-five remained in the home.

CHAPTER XX.

SANATORIA IN AUSTRIA-HUNGARY.

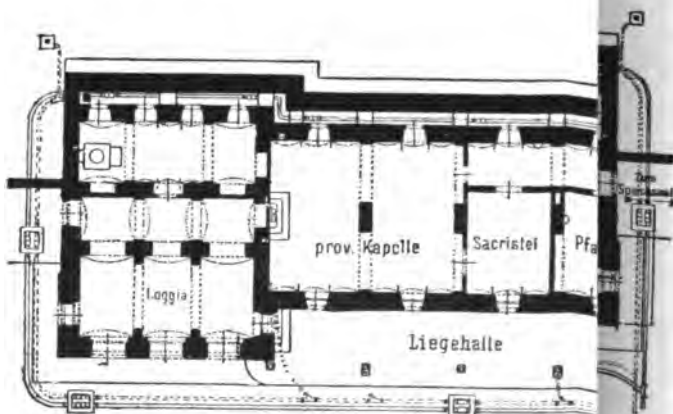
A SANATORIUM for consumptives of the poorer classes has been established at Alland in connection with the hospitals of Vienna. Count Batthyáni and Prof. Korányi are at the head of a society for the establishment of a similar sanatorium for the poor of Buda-Pesth. A beautifully wooded site has been chosen for this purpose not far from Buda-Pesth on the right bank of the Danube. There is also a project for erecting a sanatorium for Reichenberg in the Riesengebirge, and a similar movement at Graz under Dr. Kraus. The Minister of the Interior has had under consideration a proposal for the appointment of a special sanitary inspector for consumptives alone.¹ A number of open health resorts also exist which are frequented (mainly in summer) by paying consumptive patients; but no closed sanatorium exclusively for this class of patients has yet been opened.

THE ALLAND SANATORIUM

was founded in 1894 and opened in 1897, mainly through the exertions of Prof. Schrötter, of Vienna, aided by Dr. Conrad Clar and Hofrath Christian Lippert. An abortive attempt was made in 1883, but it was not until ten years later that a syndicate was formed as the result of a fresh appeal, and the necessary funds subscribed, mainly by inhabitants of Vienna. The society entrusted with the erection of the sanatorium received a donation of 10,000

¹ *Heilst. Corresp.*, 1st Aug., 1898.





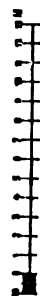
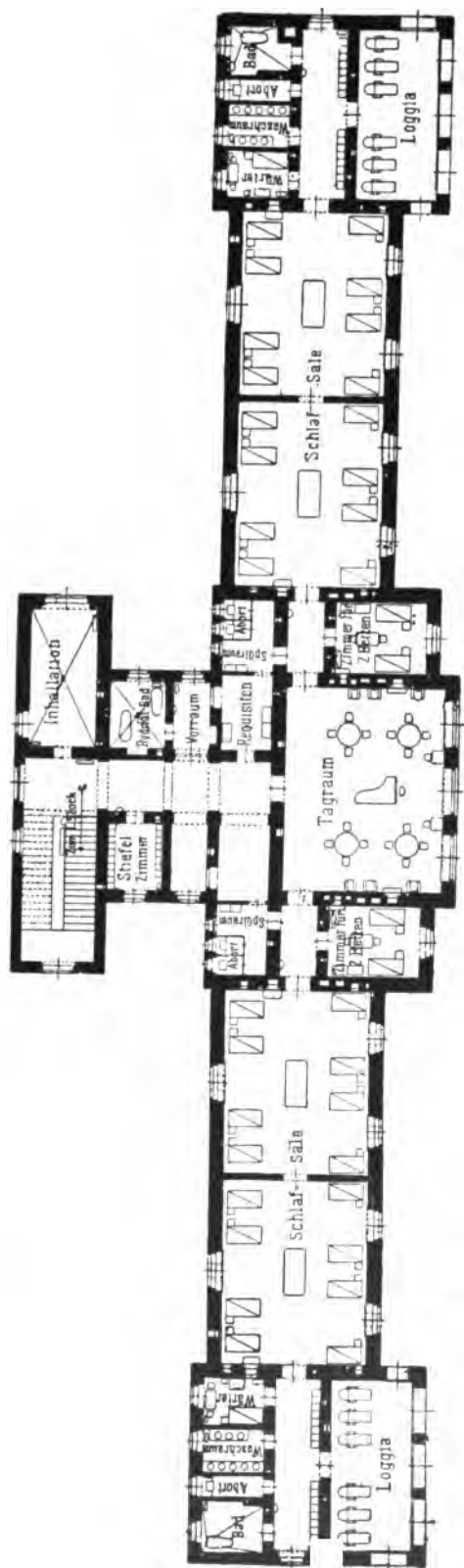


Fig. 9c.—ALLAND SANATORIUM.—GROUND FLOOR.



FIG. 94.—ALLAND SANATORIUM.—FIRST FLOOR.



FIG. 9c.—ALLAND SANATORIUM.—SECOND FLOOR.

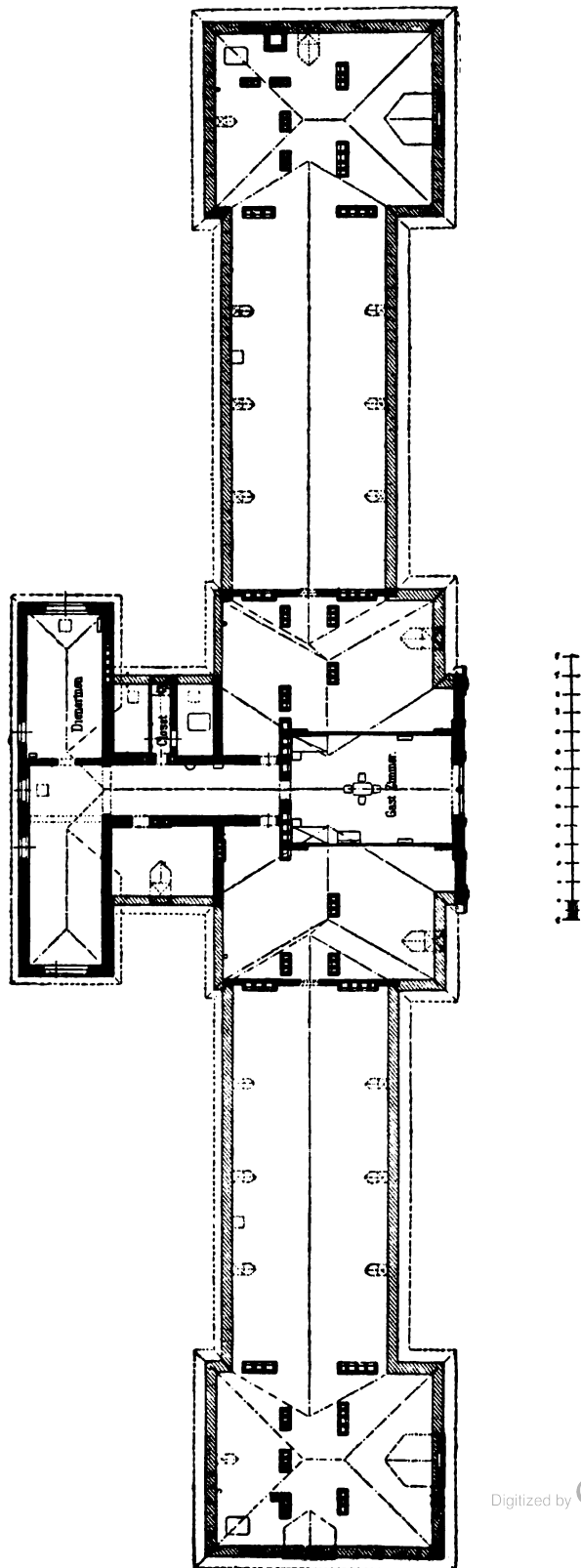


FIG. 9/.—ALLAND SANATORIUM.—ATTIC FLOOR.

florins from the Emperor and Empress, together with others ranging from 100 to 100,000 florins. The site, which is of unusual beauty, is said to have cost over 62,000 florins, the various buildings nearly 362,000 florins, and the water supply another 18,000 florins.

The sanatorium is situated in a valley in the Wienerwald, about 16 kilometres (10 miles) to the west of Baden, 27 kilometres (16½ miles) from Vienna, and about a mile from the little town of Alland. The grounds, which have a southerly slope, cover an area of 76½ hectares (about 190 acres), and consist of woodland, meadows, and cultivated land in about equal proportions. The lowest point stands at an altitude of 400 metres (1310 feet) above the sea-level, the sanatorium itself is at 430 metres (1411 feet), and the highest part of the property reaches the top of the adjacent mountain, 680 metres (2230 feet) above the sea. Mountains exist to the east, north-east, and north-west, ranging from 485 to 680 metres (1591 to 2230 feet) above the sea-level, so that there is an absence of strong wind. Dust is also seldom noticed, and no factories or dense clusters of houses exist in the neighbourhood to sully the purity of the air. The soil is mainly of limestone, with a certain amount of clay. There was some difficulty in providing an adequate water supply, as all the streams in this region run northwards from the hills. To meet this difficulty a local landowner gave the sanatorium the springs which exist on the other side of the hill, and an aqueduct was made with iron pipes, provided by the Archduke Albrecht, to bring the water (which is pure and abundant) round the hill to the sanatorium.

This consists of a main building, with separate kitchen block, and of other necessary buildings which are separated from the former by a little hill. The main block (fig. 9), which looks to the south, has three upper storeys, and contains on the ground floor in the centre a large day room 11 metres long (36 feet). On either side of this is a bedroom with two beds, and behind these the space for a lift, a

nurses in the establishment. The fresh air treatment is carried out in the fresh air galleries, or in the day rooms in the wings. The douche is only applied to robust patients. Cod-liver oil is not given. Drug treatment consists mainly of codeia, phenacetine, etc. *Sputa* are received into Dettweiler's flasks, or at night into spitecups of *papier mâché*. The contents of these vessels are mixed with peat mould and burnt. Linen is disinfected by steam; rooms, in case of need, by formalin vapour.

The sanatorium may be reached by the Southern Railway or the South-Western Railway. In the first case there is a drive of one and a half hours to Schwefelbad, three-quarters of an hour by rail from Vienna; in the second, a drive of three-quarters of an hour to Altenmarkt or Weissenbach, one and a half hours' journey from Vienna.

THE SANATORIUM OF MARILLA VÖLGY,

in the South Carpathians,¹ stands at an elevation of 714 metres (2342 feet) above the sea-level. It is well sheltered on all sides against wind, and is isolated by beautiful woods. Dr. Hoffenreich, the medical officer, also receives non-phthisical patients. The place is lit with electricity, and has covered verandahs for the fresh air treatment. The diet is very strict.

THE SANATORIUM OF UJ-TATRA-FÜRED,

or Neuschmecks, also in the Carpathians, is under the care of the well-known Dr. v. Szontagh, and is placed 1004 metres (3294 feet) above the sea-level, in the highest part of the village of Gerlach. The soil is of clay; the winter dry and cold, the summer cool, of medium humidity. Fogs are rare; and the absence of any glacier in the neighbourhood is also an advantage. Mountains of 3000 metres (9840 feet) shelter the sanatorium to the north, and there is very little dust or wind from any quarter. The sana-

¹ I am indebted to Kuthy (*A Tüdövész Szanatoriumok*, Buda-Pesth, 1897) for the following descriptions of Hungarian sanatoria.

torium has a southern aspect, and has a ground floor and two upper floors. The eastern end consists of four projecting square towers with pointed tops, connected by a lower central portion. Great pains have been taken to render the building thoroughly dry. There is central heating by warm air, and ventilation of the same kind in cold weather. In the rooms for one patient the air can be renewed fifty times per diem. The sanatorium communicates with the thermal bathing establishment and the dining saloon by means of a covered corridor. It is a great drawback that, owing to this arrangement, and to the proximity of several other bathing establishments, patients cannot be completely supervised. There are several balconies on the south and west sides of the building, and a large winter garden. The rooms are well lighted; there are double windows, hot-water pipes in the corridors and staircases, and a separate stove in each room.

It is mainly a summer resort, and not exclusively reserved for consumptives, who are received in the early stages alone. Dr. v. Szontagh uses massage and cold ablutions, friction with moist compresses, seldom any douches, but pulmonary gymnastics and inhalations. The diet is abundant, but not medically supervised. Milk and kefir are largely given.

The sanatorium is nine kilometres (five and a half miles) from the railway station of Poprad Felka, nine hours by rail from Buda-Pesth, and a little more from Breslau.

A few poor patients are received, but the institution is essentially for paying patients.

Kuthy mentions three other places in Hungary which would be suitable for consumptives, but are little frequented by them. Of these, *Feketehegy* is 660 metres above the sea-level; it is right in the country; but the diet is meagre. *Stoosz* is 670 metres above the sea, and is directed by Dr. Dezsö Czirfusz, a specialist in consumption.

At *Keresztenysziget* (Isle of the Christians), in the province of Szeben, there is a fine establishment founded by a

hood of Ajaccio (Corsica) for three sanatoria—one of which will be on the coast; another at Vivario, at an elevation of 950 metres, for 100 beds; the third at Monte d'Oro, at 1700 metres above the sea, also for 100 beds, only fifty of which, however, will be kept open in summer. These sanatoria will be partly for paying, partly for poor patients, the one set paying for the other. The society also proposes to erect pavilions for the reception of consumptives in various towns, the current expenses to be defrayed by the *Assistance Publique*. A sanatorium for the poor is being erected at Angicourt (Oise) jointly by the Paris Municipal Council and the *Assistance Publique*. This has been a long while under construction, but is not expected to be open for a year or two. It has already cost a large sum of money, and there is a fear in some quarters that it is being built in an unnecessarily luxurious style. Eventually intended to accommodate 200 patients, it will at first be opened with beds for fifty or 100. It is said to be modelled on the Falkenstein Sanatorium, with a deep verandah along the southern side, but with only two floors. The rooms are to accommodate from one to eight patients each. The heating will be by means of steam and hot water, the lighting by electricity. There are twenty-eight hectares (sixty-nine acres) of ground set apart for the institution. A sanatorium is also being erected at Hauteville for the poor of Lyon. A society of eighty medical men exists at Arcachon for the erection of two sanatoria in the neighbourhood of that place for phthisical adults. There are also schemes for the erection of a sanatorium at Magny (Dép. du Rhône) and for another in connection with the Canigou institution for paying patients. A sanatorium at St. Symphorien started by Dr. Chaumier of Tours unfortunately failed for want of funds.¹ There is a sanatorium at Agnetz (Oise), which was recently erected by the *Assistance Publique*, which receives patients at a charge of 15s. per diem.² The Berck-sur-

¹ Möller, *Les Sanatoria*, Brussels, 1894.

² *British Medical Journal*, 28th May, 1898.

Mer Hospital and some of the Paris hospitals also receive paying patients at £2 10s. per month. A home or refuge for incurable cases of the female sex exists at Villepinte (Seine et Oise), and a similar institution for 400 patients has been projected near Brévannes.¹ Three of the French hospitals (Boucicaut, Laennec and Lariboisière) have set apart certain wards for the reception of phthisical patients; 6,000,000 francs have been voted for the construction of new wards for the same purpose at the hospitals of St. Antoine, Cochin, Broussais, Bichat, La Pitié, Tenon, and a new hospital on the right bank of the Seine; and special wards have also been opened under Prof. Grasset at the hospital of Montpellier.² There is a "sanatorium" at Algiers, but I believe it is of a different kind.

FRENCH SANATORIA FOR PAYING PATIENTS.

Canigon	Pyrénées Orientales	2200 feet	100 beds
Durtol	Puy-de-Dôme	1706 "	32 "
Trespoeuy	Basses Pyrénées	696 "	14 "
Mont Bonmorin	Puy-de-Dôme	2630 "	120 "
(being built)			
Mont Pacanaglia	Alpes Maritimes	1640 "	120 "
(projected)			
St. Martin Lantosque	Do.	3280 "	?

SANATORIA FOR CHILDREN OF THE POOR.

Ormesson	Seine et Marne	374 feet	130 beds
Villiers-sur-Marne	Do.	397 "	230 "

¹ Kuthy, *loc. cit.*

² Léon Petit, Tuberculosis Congress, Paris, 1898; Netter et Beauvalon, *Gaz. Hebdomadaire de Méd. et de Chir.*, 18th August, 1898.

CHAPTER XXII.

FRENCH SANATORIA FOR PAYING PATIENTS.

THE CANIGOUE SANATORIUM.

THIS sanatorium, which is near Vernet les Bains, Pyrénées Orientales, was the first private establishment of the kind in France, being founded in 1890 under the direction of Dr. Ch. Sabourin. Situated at an altitude of 640 to 700 metres (2100 to 2297 feet) above the sea-level, at the intersection of the valleys of the Cadi and the Tech, it has a southerly aspect, looking towards the Puig de Falgouras and the town of Le Vernet, which has been known since 1181 for its sulphur springs. Mountains protect it from wind on nearly all sides—the Canigou to the east, the Cerdagne Mountains to the north and the Perra to the south, leaving an open valley towards the south-west. The soil consists of sand and pebbles resting on gneiss and granite.

The sanatorium is situated in a park of 20 to 25 hectares (49 to 61 acres), which is well wooded with chestnut trees, acacias, oaks and evergreen oaks, and various kinds of pine trees. Palms, aloes, olive trees and cacti grow freely without artificial shelter. It was originally an "open sanatorium," in which the patients merely spent the day during the winter season, returning to sleep in hotels and apartments in the town. At that time it consisted of a series of verandahs open on one side, glazed on the other; of a dining-room, drawing-room, consulting-room, administrative and douche rooms. In September, 1896, however,

when Dr. Giresse succeeded Dr. Sabourin, it was opened for the whole year, and completed by the addition of sleeping quarters.

The present building, which is of three storeys, has accommodation for about 100 patients; a new building is, however, in contemplation. The bedrooms, which face south, south-east, west and north, have a mean capacity of 60 cubic metres (2119 cubic feet). The windows, which are wide open during the day, and partially open at night, are provided with screens near the beds, but no curtains. During the coldest part of the year (15th December to 15th January) they are heated with warm air; for the rest of the year no artificial heat is required. The passages are lighted with gas, the bedrooms only with candles. The drinking water is taken from a torrent which comes down from Mount Canigou, and is filtered through sand, pebbles and iron scoria. The sewage is carried by an abundant water supply into the river a few hundred metres below the village. There are nurses as well as servants in the establishment.

Every patient has two spitcups of porcelain, one for his room, the other in the open-air gallery, besides a pocket flask; and spitting elsewhere is strictly forbidden. The spitcups are emptied every morning, the *sputa* mixed with sawdust and burnt in the gasometer furnace. Linen is disinfected with steam by means of one of Geneste and Herscher's disinfectors. Rooms are disinfected with formol vapour. Some of the fresh-air galleries are near the main building, others scattered through the park.

The average length of stay is five to six months; patients are allowed to go home after a while, returning for other courses of treatment until they are cured. There would be great advantages if they were to stay until their recovery is assured; but they would seldom stand so long a separation from their families.

Drugs are not much used; those most employed being arsenic, phosphates and opium. The douche and the wet-sheet are only occasionally applied. Counter-irritation is

employed, either as actual cautery, or in the form of sinapisms or blisters.

The charges are from 14 to 16 francs, including lodging, board and medical attendance ; drugs, etc., and laundry being extra.

The statistics furnished by the present medical director (Dr. Giresse) show 22 to 23 per cent. cured, 40 to 50 per cent. improved, 20 per cent. stationary, and 10 per cent. worse—chiefly patients who come for treatment in a late or acute stage of the disease. Dr. Giresse believes that of early cases and with manageable patients there should be from 50 to 60 per cent. cured.

The most convenient route to the sanatorium from Paris is by the Barcelona night express to Perpignan, thence to Villefranche de Conflent, which is about half an hour's drive from the sanatorium.

THE DURTOL SANATORIUM,

or the sanatorium of the Château of Durtol, is situated on very pervious black volcanic sand, 520 metres (1706 feet) above the sea-level, at a little village three kilometres from the large town of Clermont-Ferrand in Puy-de-Dôme. It has a station of its own on the line running from Clermont-Ferrand to Limoges, and is half an hour's drive from the Clermont station, or nine hours' journey from Paris. Being somewhat raised above the plains, it has a good view of the valley of Clermont and of the distant mountains of Forez. It is open to the south, protected to the north, north-east and north-west by mountains and hills thickly wooded with pine trees, and provided with numerous good roads and paths. The strong winds, which come from the north-east, are completely warded off by the woods extending the whole length of the park, which is of five hectares (twelve acres). The climate is sedative compared with the rest of Auvergne. The rainfall is regular but not abundant, and prolonged droughts are unknown. Excepting in very severe winters, the cold weather is of short duration and not very intense.



FIG. 10.—SANATORIUM DU CHÂTEAU DE DURTOL, PUY-DE-DÔME, FRANCE. [Face page 133.]

Fogs seldom reach the place. The sanatorium consists mainly of an old Louis XIV. château (fig. 10), which has been altered and added to by the proprietor, Dr. Chas. Sabourin, formerly director of the Canigou Sanatorium. There are rooms for thirty-two patients on two upper floors. Nearly all the rooms have chimneys, and the windows are kept open permanently. It is very seldom that a fire is needed, rugs and plaids, etc., being sufficient to keep the patients warm. The lighting is by petroleum. The floors are of pinewood, polished with linseed oil. The angles of the rooms are rounded; the walls papered. Dettweiler's flasks are used, the *sputa* being destroyed by boiling. Linen is disinfected by steam heat. On the departure of a patient the walls are repapered, the paint renewed, and the furniture disinfected. There are two large verandahs for the fresh air treatment. The sanatorium has its own dairy farm and its own private (R.C.) chapel. Hydropathy is not employed excepting in the form of cold bathing or friction with cold water, and so-called specifics are not administered. Dr. Sabourin attaches great importance to the digestive functions, and has obtained very striking results from super-alimentation with raw meat, meat powder, beef peptones, eggs, milk, and the like. Cod-liver oil he gives in full doses where it does not upset the stomach. Dyspepsia in his opinion often disappears promptly under the fresh air treatment. He has published a case of incoercible vomiting which ceased within twenty-four hours of starting the treatment.¹ Dyspepsia may also sometimes be prevented by the simple expedient (which Sabourin always prescribes) of gargling the mouth and thoroughly cleansing it with an alkaline water such as Vichy or Vals, as this prevents the fermentation of particles of food and the entrance of various bacteria into other parts of the alimentary tract. Many patients are quite easy to feed, but some will tax the ingenuity of their physician to

¹ *Gaz. Hebdomadaire*, 31st Oct., 1891.

the utmost. Many dyspepsias disappear if patients drink little at meal times and give up wine. Where drugs are needed to control cough, Sabourin depends mainly upon opiates, which in his opinion do much good and little harm. The fever which is due to excessive waste usually subsides with rest in the fresh air. That due to tubercular processes cannot be prevented by any known drug, so that Sabourin only gives antipyretics to prevent irregular febrile attacks at unusual hours and those accompanied by much discomfort. The latter as a rule is not present where the patient lives in fresh air day and night.¹

The sanatorium, which was started in 1898, is open the whole year. Durtol is a telegraph station, and is very near some of the famous bathing resorts of central France. The charges are 14 frs. per diem, including wine, three meals per diem and medical attendance. The room is from 3 to 5 frs. extra.

THE TRESPOEY SANATORIUM,

about half an hour's drive from Pau (Basses Pyrénées), is situated in the midst of a cultivated plain, on the edge of the valley of the Ourse, which is about 40 metres below. Originally a private house, it was altered and adapted to its present purpose in 1896 by the proprietor and medical director, Dr. Crouzet. The climate is chiefly remarkable for the absence of wind, high wind only blowing three or four times during the course of the winter. There are no forests in the neighbourhood; the high road to Pau has a number of villas on each side with patches of woodland, which form a protection against the west wind; there is similar protection towards the east. The soil is a very permeable sand to a depth of about $4\frac{1}{2}$ to 5 metres, where a thin layer of clay is met with. The elevation is 212 metres (696 feet) above the sea-level, the mean B.P. being 740 mm. The sanatorium is on a steep hill, and has a fine view of the Pyrenees in the distance and the river valley in the

¹ *Traitement Rationnelle de la Phthisie*, Paris, 1896.



FIG. 11.—THE TRESPOEY SANATORIUM, NEAR PAU, S. FRANCE.

[Face page 135.]

foreground. It stands in a park of about 7 hectares (17 acres), containing pine trees and other conifers, and laid out in paths at various inclinations, well provided with seats. Round it is meadow land.

The sanatorium consists of two buildings, the chief of which is of two storeys above a basement and ground floor. In the basement are the kitchen department and bath-room. On the ground floor the dining-room, library, drawing-room, consulting-room, and two rooms for patients. The next floor has six bedrooms, and the top floor two bedrooms for patients. There is no lift. The patients' rooms are all to the south, with at least one south window; they vary in size from 60 to 110 cubic metres (2119 to 3885 cubic feet). Each has its own chimney and open wood fire; ordinary French windows; papered walls, without rounded corners; pinewood floors, without carpet or curtains; and varnished pitchpine furniture, without carpets, pictures, or curtains in any of the rooms. The lighting is by petroleum. I am informed that there will be electric light at the end of 1899. There is a good water supply; sewage goes into a cesspool. Near the chief building is a fresh air gallery, with a southerly aspect (fig. 11). The annexe, which is a building of one storey, contains bedrooms for four patients. The total accommodation in the sanatorium is for fourteen patients. The sanatorium is open from 15th October till 15th May, and receives none but paying phthisical patients at an early stage. *Sputa* are disinfected by boiling with solution of carbonate of soda, and then poured down the water-closet. Expectoration is exclusively into Dettweiler's flasks or spittoons, which contain one per cent. sulphate of copper. The Thoinot system is to be introduced. Linen is disinfected once a week in the municipal steam disinfecter. Rooms are disinfected after the departure of each patient by means of pulverisation with sublimate solution. This is done by employees of the city of Pau. The wall paper is of a cheap kind, and is frequently renewed.

The treatment is by fresh air, good food, daily friction with a wet horsehair glove, and as few drugs as possible.

Patients who are not feverish take frequent short walks. The diet is highly nitrogenous, and the medical director takes his meals with the patients. There are three meals a day. Cod-liver oil, specific remedies, counter-irritation, and douches are not employed.

Dr. M. Crouzet is the sole medical officer.

The charges are from 16 to 20 frs. per diem, and a fee of 20 frs. on departure for disinfection. Extras are laundry, special drugs, and nurses for the night if required.

THE SANATORIUM OF MONT BONMORIN,

although not yet opened, has been fully described by E. Marty-Martineau in *L'Indépendance Médicale* for 25th March, 1896.

It is situated near Ardes (Puy-de-Dôme), at an altitude of 2630 feet above the sea-level, on the side of a mountain, and has a fine view to the south over the rich plains of the Limagne. The sanatorium consists of three principal buildings united by slightly curved covered corridors, forming altogether a somewhat concave southern front, as at Ruppershausen (p. 253). It has behind it a park of about 500 metres depth, traversed by geometrically arranged paths and drives which unite in a *rond point*. The villa of the chief medical officer is at some distance from the main building, on the western side of the park, and is balanced by the bathing establishment on the east. The sides of the park are occupied by private and kitchen gardens. In front of the main buildings is a flower garden with a central fountain and geometrical walks and drives.

Of the three principal buildings, the middle one consists of a central block with lateral wings. The former is surmounted by a cupola, and contains on the ground floor a large vestibule with carriage drive through to the park at the back, and a drawing-room on each side. Behind are the two approaches to the grand staircase. Above the vestibule is

a large concert hall, 13·50 metres square, with balconies front and back, and above this, under the dome-shaped roof, another large assembly room. The wings of the central block consist of a single row of rooms in front and corridors to the back, excepting at the ends, which are somewhat higher and have rooms back and front. On the ground floor are a series of rooms for common use—in the left wing the dining saloon ($48 \times 5\cdot50$) and staff dining-room (20×6), in the right wing a reading-room ($16 \times 5\cdot50$), writing-room, billiard-room ($16 \times 5\cdot50$), lavatory, and two large recreation-rooms (19×6). Behind the staff dining-room is the administrative block with kitchen department under it. The first and second floors on each side contain in front eighty patients' rooms, and behind sixteen rooms for the staff, with more under the roof. In addition to the grand staircase, there are two lateral ones, and two for the servants. There are four groups of water-closets on each floor at the back, occupying the projecting portions of the building. The lateral buildings are somewhat similar, but without a cupola. They contain on the ground floor a vestibule leading to staircases, waiting and consulting rooms, laboratory and doctors' rooms; and on the first and second floors forty¹ bedrooms for the patients and sixteen for the staff. Here also there are four staircases, of which two are for servants, and two groups of water-closets on each floor. An arched fresh air gallery runs the whole length of all three buildings level with the ground floor, the intermediate portions being glazed and 50 metres long. The bedrooms are all $4 \times 4\frac{1}{2}$ metres and 3·40 high (13 feet \times 14 $\frac{3}{4}$ \times 11), containing therefore 61·30 cubic metres (2165 cubic feet) of air space. Each has a chimney and a balcony, a large window in three parts, the upper of which has a ventilator which cannot be completely closed; above the balcony is a ventilating inlet which is larger inside

¹ According to the description it would appear that there are forty patients' bedrooms in each lateral building, but I believe there will only be twenty on each side.

ailments ; and an attempt is made by systematic cross-questioning to prevent the abuse of the charity by those who can afford to pay a fee. Dr. Derecq and Dr. George Petit are the physicians.

The hospital of Ormesson receives consumptive boys up to the age of twelve, those from twelve to sixteen being sent to the hospital of Villiers. None but consumptive children are admitted, and no selection is made, those in every stage being accepted.

THE ORMESSON HOSPITAL

was started in an ordinary house at the end of 1888 ; enlarged to one hundred beds in 1890, with the help of the wood from the Exposition Universelle ; and completely rebuilt in 1896 with 130 beds, so that it now covers an area of 1956 square metres (21,000 sq. feet). It is situated on a breezy plateau overlooking the valley of the Marne, in the little village of Ormesson, just above Champigny. The ground slopes towards the south, and the building, together with the high walls surrounding the grounds, afford a little protection against high winds ; but the situation is breezy rather than sheltered. There are $5\frac{1}{2}$ acres belonging to the institution, which are partly devoted to playgrounds, partly consist of garden, cultivated and grass land. The soil is calcareous, and rapidly dries after rain. The building (fig. 12) is 114 metres (374 feet) above the sea-level. It is of one storey, and consists of a large central glass-covered winter garden with huge windows to the south, and forming with the administrative offices a central axis, on either side of which are two parallel pavilions, making with it a letter H. One of these pavilions forms the refectory, and has at the western end the kitchen block. The other three form dormitories, each for about forty beds, and having at the free ends lavatories, bath-rooms and water-closets. The latter are arranged in radiating compartments, so that a number can be supervised by one person. They are isolated by the lavatories and bath-rooms, which



FIG. 12.—THE ORMESSON HOSPITAL. [Face page 140.]

can be ventilated from end to end. The sisters' rooms lead off the dormitories. The beds are of enamelled iron; floors are of wood in the dormitories, of tiles in the dining hall; the walls everywhere washable, with rounded angles. Windows are large, of the usual French type, in three parts, with the tops rounded. The whole place was exquisitely clean when I visited it. Along the south side of the building is an open verandah on each side of the projecting winter garden. This is somewhat narrow; and there are, I believe, no other open-air shelters for bad weather; but the winter garden is very large and well-ventilated, and is probably sufficient for the purpose. The children in the playground are placed under the supervision of two men; indoors they are under the care of the sisters. Drugs are but little used, reliance being chiefly placed on fresh air, good food and cleanliness. The results of treatment have been very satisfactory. In 1897, 34 per cent. were apparently cured, 30 per cent. more improved. Out of fifty-three who were apparently cured, fifteen had very serious and extensive lesions on admission. Dr. Jaoul is the medical officer.

THE VILLIERS-SUR-MARNE HOSPITAL,

which has accommodation for 220 boys, is about three miles from that of Ormesson, and stands on the same high plateau, 121 metres (397 feet) above the sea. It is in the midst of cultivated fields and gardens, at the extreme end of the village, and has $9\frac{1}{2}$ acres of ground belonging to it. It consists of three blocks arranged along one line nearly 400 feet long, forming a long two-storey building. The southern side is separated from the road (which is not a main road) by a large gravelled courtyard. On the other side of the road is a patch of garden bounded by trees. The grounds on the north are occupied by playgrounds and meadows; they rise towards the fortifications of Villiers, with wooded crests in the distance. As in the case of the Ormesson Hospital, there is very little shelter. The soil is

the same. The building was founded in 1891, but was completed in 1896 by the addition of the Pavillon des Enfants de France. The central block contains on the ground floor two large day rooms, the library, drug room, and doctor's room; and has in front along the south side a verandah with stone arches. On the floor above is a dormitory for the more serious cases, with a single row of beds. It is incompletely divided into separate rooms, and opens in front into a covered balcony with stone arches. Attached to the dormitory are two rooms for the nurses.

The left or eastern wing, called the Pavillon des Enfants de France (fig. 13), is a large hall containing 10,000 cubic metres of air, or 120 cubic metres (4238 cubic feet) per head, with an ogival roof rising to 12 metres (39 feet) above the ground, divided into a central and two lateral naves, and partly composed of glass. This is supported by graceful iron columns, and provided with a gallery 6 metres (19½ feet) wide, which runs all the way round. The building is of brick and stone, coated internally with white impermeable enamel, the angles being also rounded. The centre of the ground floor is tiled, and contains the ventilating openings and ozonisers, and is furnished with a few chairs and tables. The part underneath the gallery is slightly raised above the ground level. This and the gallery have varnished boarded floors, and are provided with a single row of blue enamelled iron beds radially arranged, together with other simple furniture. The windows are very large, being 2 metres wide and 4 metres high. They consist of two parts, of which the lower is a sashed window (English fashion); the upper a French window in four pieces, each of which can be separately opened, two moreover being perforated. The hall rests on a basement 3 metres deep impermeable to moisture, and containing the heating and ventilating apparatus, the bacteriological laboratory and electric lighting machinery.

In this basement, beside the calorifer is a reservoir for a medicated solution of creosote, turpentine and encalyptol,



FIG. 13.—THE VILLIERS-SUR-MARNE HOSPITAL.—PAVILLON
DES ENFANTS DE FRANCE.



FIG. 13*.—THE VILLIERS-SUR-MARNE HOSPITAL.--SOUTH FRONT.

[Face page 142.

which serves to medicate and purify the incoming hot air. The fresh air from outside passes through metallic gauze either directly into the hall or past the warming apparatus. The hot and cold air inlets are placed side by side in the embrasures of the windows. Round the galleries at the head of the beds are a series of tubes with trumpet-shaped ends, which supply ozone produced by the dynamo. The windows also allow of the direct entrance of fresh air. The vitiated air is carried off through holes in the roof with the help of a jet of steam in a turret. In this way at least 200,000 cubic metres (over 7,000,000 cubic feet) of air are provided in the hall per diem. Eighty children can sleep in this hall, and two sisters, one for each floor, can readily look after them. At the northern end of the Pavillon des Enfants de France on the ground floor are the dressing-rooms, lavatories, and bath-room. The latter forms half a circle, and is incompletely divided by radiating partitions 2 metres high, separating ten white enamelled iron baths. Hot and cold water are laid on in the bath-rooms and lavatory, which are arranged in English fashion, and (like the rest of the building) are heated with hot-water pipes. The walls are covered with Dutch tiles, and have rounded angles; the floors are of mosaic; the wash-basins of white stoneware on white marble. Uniting the Pavillon des Enfants de France to the central block is the grand staircase, behind which are water-closets and lavatories on each floor.

The western wing is older than the eastern, and contains on the ground floor the kitchen department and chapel. On the upper floor are the quarters for the *personnel*.

The hospital is lighted with electric light. Filtered and sterilised water is laid on in the sick ward.

To the west side of the hospital grounds is a long line of one-storey buildings, beginning with the lodge, and including the laundry, steam disinfecter, linen store, clothing store, provision department, and workshops for repairs. They are large enough to serve all three establishments

—the dispensary and the two hospitals at Ormesson and Villiers. Dr. Vaquier is the medical officer. The treatment at Villiers is of the same character as at Ormesson. During 1897 there were ninety children who were treated at Villiers. Out of these, twenty-three left the place apparently cured; thirty-one improved (two of these left the place; some others are nearly cured); twenty-four remained stationary; four are in a grave condition, and eight have died. This gives a percentage of 25·5 cured; 34·4 cured or nearly cured; 8·8 dead. Most of the latter entered at a late stage of the disease.

Altogether 1068 children have been treated at the two hospitals from 1889 to 1897 inclusive; 317 of these (or 29·7 per cent.) have been cured, 47 (or 4·4 per cent.) have died. The average duration of treatment has been 230 days.

The results at Ormesson are better than those at Villiers, probably because the patients more often enter at an earlier stage of the disease, and because under suitable conditions the younger patients are more readily curable. There is year by year a greater proportion of apparent cures, although all phthisical children without selection are sent to the hospitals.

The agricultural colonies connected with the movement are at present two in number—one of 12 hectares (29 acres) at Noisy-le-Grand, not far from Villiers; the other at Tremilly in the Haute Marne. At each of these colonies there is a medical man in charge. In addition to these, a few patients have been sent to a farm at Rougemont (Doubs). Altogether eighteen patients have left the hospitals apparently cured. Every one has remained in good health; six have been drawn for conscription, and five accepted, the sixth being rejected for a reason quite unconnected with tuberculosis.

OTHER SANATORIA.

Another sanatorium was also for a time in existence at Touraine, near Tours (St. Radégonde), for delicate and

consumptive boys of the poorer classes, founded and supervised by Dr. Chaumier. It was at this establishment that creosotal was first clinically tested in phthisis. The sanatorium failed for want of funds. A similar establishment (Villa Lapierre at St. Symphorien) also failed. Over twenty seaside and mountain sanatoria also exist in France, with between 2000 and 3000 beds, mostly for children with scrofulous or consumptive tendencies, but not confined to these ailments. They resemble our own convalescent homes rather than true sanatoria for consumptives.

CHAPTER XXIV.

HOSPITAL SANATORIA IN FRANCE.

DURING the last twelve months special arrangements have been made at three of the Paris hospitals (Boucicaut, Lariboisière and Laënnec) and at the Montpellier hospital for the hygienic treatment of consumptives.

At the Boucicaut Hospital, which was founded by the late proprietors of the Bon Marché, two out of five wards have been set apart for this purpose since November, 1897. There are twenty-one beds for male consumptives, eighteen in one large ward on the ground floor, one single-bedded room reserved for the staff of the Bon Marché, and two other beds; and fourteen beds for women, of which ten are in one large ward on the ground floor, and two single-bedded and one double-bedded room on the first floor, all three smaller rooms being also reserved for the Bon Marché. This section of the hospital is under the care of the senior physician, Dr. Letulle. According to a report given at the Tuberculosis Congress at Paris, in August, 1898, the beds reserved for the Bon Marché staff have remained almost unoccupied; but the other thirty-one beds have been constantly in use. During eight months 125 patients have been under treatment, mostly suffering from the more advanced stages of the disease; with the result that thirty-eight have died and twenty-seven have improved. Amongst the latter, only those are included who have decidedly increased in weight, as well as showing improvement in other respects. The precautions against infection and against the dissemination of dust are said to

be very complete. No handkerchiefs are allowed, but linen rags are used instead, and a large number of spitcups. The patients are clad in aseptic dresses; they disinfect their buccal cavity regularly and thoroughly, and great care is exercised to keep the whole body exceptionally clean. Excepting on visiting day, little or no dust is brought in from outside. The windows are kept open day and night; and twenty-two reclining chairs with pillows of oats have been provided in the garden for rest in the open air in tents. A very copious diet is adopted. Beyond subcutaneous injections of guaiacol in 1000 parts of sterilised oil, the drugs usually administered elsewhere have been employed, arsenic, quinine and tannin being largely prescribed.

The arrangements at the Lariboisière are said to be less satisfactory, owing to the old-fashioned wards, which have been partially sub-divided into compartments. Dr. Unterberger was probably the first to introduce the treatment of consumptives in hospital sanatoria (see p. 281). In England, owing to the existence of special hospitals, the problem has been differently solved.

CHAPTER XXV.

GERMAN SANATORIA FOR PAYING PATIENTS.

SINCE the late Dr. Brehmer founded his sanatorium at Görbersdorf in 1859, the number of these institutions has been steadily increasing in Germany, so that there are now a dozen or more for paying patients, besides open health resorts where a similar treatment is carried out, and a large and increasing number of closed sanatoria for the poorer classes. The latter are described in chapters xxxii. to xl. As might be expected, most of the sanatoria for paying patients are in or near the mountains. There are several at Görbersdorf near the Riesengebirge; one is at Reiboldsgrün in the Erzgebirge; several more (Altenbrak, St. Andreasberg, Sülzhayn) in the Harz; two at Rehburg in hilly ground near Hanover; two at Hohenhonnef and Laubbach respectively, on the Rhine; the Falkenstein Sanatorium in the Taunus Mountains; while others are in the Black Forest (Nordrach, St. Blasien, Schömberg, and Marzell).

Consumptive patients are also treated by hygienic methods at Ems, Brückenau, Sophienbad, Kissingen, Baden Baden, Blankenhain, Dillenburg, and other health resorts. There are however no closed sanatoria in these places; and most of them suffer from the inevitable drawbacks attaching to open sanatoria in fashionable health resorts.

GERMAN SANATORIA FOR PAYING PATIENTS.

		Feet.	Beds.
Brehmer's	Silesia	1840	156
" 2nd cl. . . .	"	"	179
Römpker's	"	1805	120
Weicker's	"	1897	80
Reiboldsgrün	Saxony	2296	108
Lahmann's	"	780	
Altenbrak	Harz	1017	? 20
St. Andreasberg, Jacobasch	"	? 2160	17 +
St. Andreasberg, Ladendorf	"	"	12 +
Sülzhayn Fernsicht . .	"	? 1640	10
" Village	"	? 980	9 +
Rehburg, Michaelis . .	Hanover	900	20
" Lehecke	"	? 800	22
Hohenhonnef	Rhine	774	109
Laubbach	"	260	118
Falkenstein	Taunus	1812	112 +
Nordrach	Black Forest	1470	45
St. Blasien	"	2625	62
Marzell	"	1378	?
Schömberg	"	2180	50

CHAPTER XXVI.

SILESIAN SANATORIA FOR PAYING PATIENTS.

THIS chapter comprises the Brehmer sanatorium with its second-class section, Dr. Römpler's sanatorium, and Dr. Weicker's private sanatorium. The "Krankenheim" is described in chapter xxxiii.

THE BREHMER SANATORIUM,

which is the oldest in existence, is situated at Görbersdorf, a small village in the valley of the Steine, between the Eulengebirge and the Riesengebirge, in Upper Silesia, near the Bohemian frontier. The valley, which runs from north-west to south-east, is sheltered by densely wooded heights, which reach an altitude of 800 to 900 metres above the sea. It is here that Dr. Hermann Brehmer started his treatment in 1854, and from 1859 onwards erected the picturesque establishment which bears his name, the right wing being built in 1862, and the left wing sixteen years later. Brehmer died in 1889, after which the sanatorium was successively directed by Dr. Felix Wolff-Immermann, Dr. Achtermann, and Prof. Dr. Rudolf Kobert formerly of Dorpat University, who manages it for the benefit of Dr. Brehmer's heirs.

The main climatic features of Görbersdorf are its atmospheric purity and freedom from dust, dryness of soil, shelter against strong wind, and cool summer temperature with abundant sunshine. Its altitude is insufficient to give it the character of an alpine climate, although the barometric pressure is somewhat reduced.

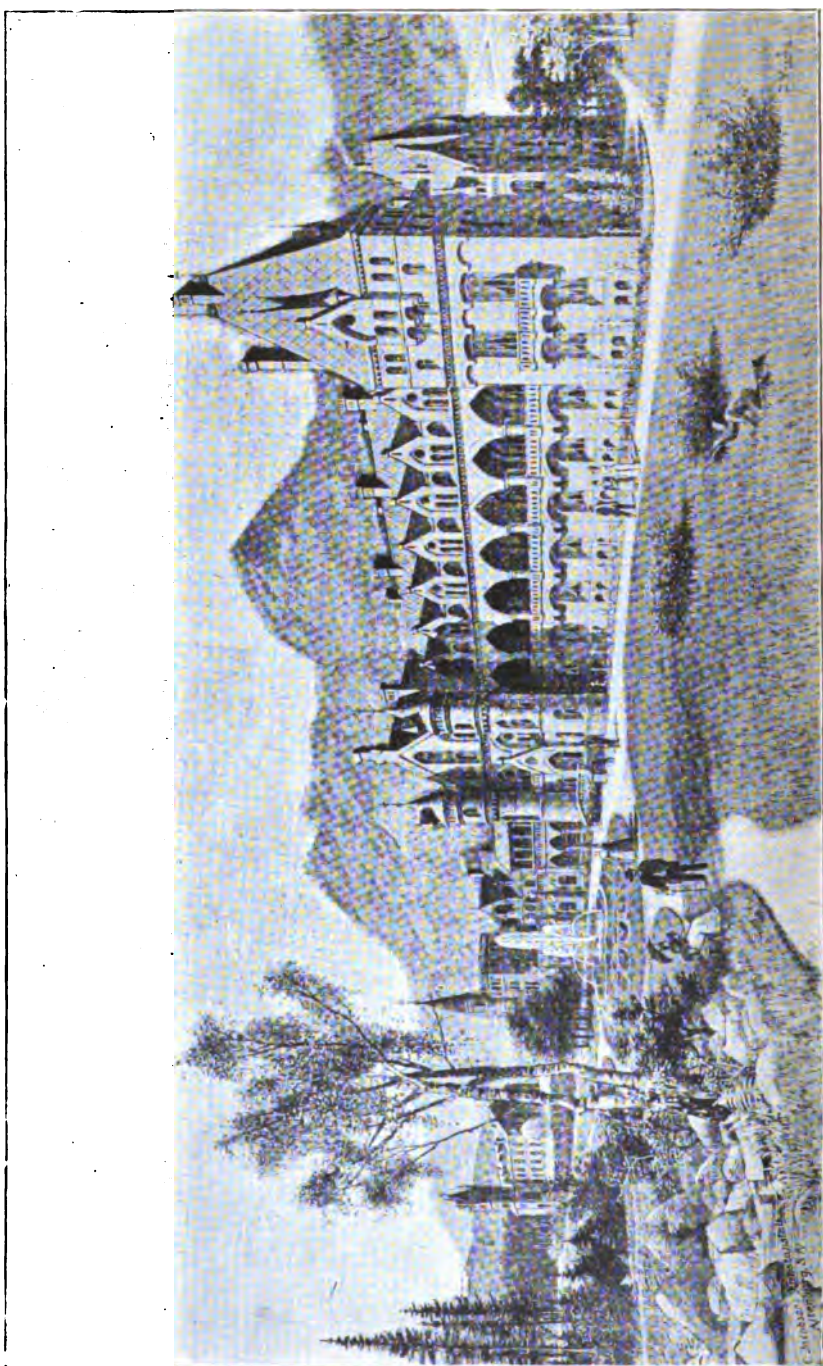


FIG. 14.—THE BREHMER SANATORIUM, GÖRBERSDORF.

[Price page 151.]

The sanatorium, which stands on porphyritic soil, 561 metres (1840 ft.) above the sea-level, has a park of 300 acres, consisting mainly of woodland, more than two-thirds of which is laid out in over nine miles of walks. Some of these are on level ground, while others are inclined at various gradients leading uphill from the sanatorium; and all of them well provided with seats and summer-houses, so that the patient can, under medical advice, take exercise proportioned to his strength, and return downhill when he is getting tired. For robust patients there are also walks up the mountain side to a height of about 200 metres (656 ft.) above the building.

The sanatorium itself consists of a main building (fig. 14) with a number of isolated villas. The chief part of the structure is a huge Gothic pile, with towers, turrets and arches, consisting of three buildings of different dates, united in one line by covered passages and glazed galleries forming the winter garden. The central portion contains the doctor's quarters and administration. The right wing, a square building with a square tower attached to it, goes by the name of "Old Curhaus"; the left being called the "New Curhaus". On the ground floor are the two dining saloons, library, ladies and gentlemen's conversation rooms, conservatory (or "cold winter garden") and palm house (or "warm winter garden") with a spring of water. The new Curhaus has a handsome entrance and staircase, ornamented with frescoes and useful maxims. There are in the old and new Curhaus eighty-eight bedrooms with 104 beds. Those on the first floor of the left wing open on to an arcade with Gothic arches; those on the two upper floors have mansard windows. The walls are oil-painted up to a height of $1\frac{1}{2}$ metres. The floors are also painted or covered with linoleum. No large carpets are permitted; but stuffed chairs, rugs and curtains are not objected to. The ventilation is partly by open windows, partly by air shafts for the foul air. The dining-rooms have "Kosmos ventilators," which renew the air five times per hour. The heating is

partly by hot air, partly by hot water, partly by tiled stoves for burning wood. The rooms are lighted by oil lamps and candles. There is a lift for patients. There were in Dr. Brehmer's time no "liegehallen" or open-air galleries, as he objected to them, and laid more stress on exercise in the open air than on the rest cure. Under Dr. Kobert, however, several roomy fresh-air galleries have been built.

Of the three villas, the "White House" is close to the new Curhaus, and contains twelve bedrooms with thirteen beds; the "New House," with eighteen rooms and twenty-two beds, is a little farther off; and the "Villa Rosa," with sixteen rooms (one double-bedded), is on a higher level in the woods. The establishment also includes chemical and bacteriological laboratories, a meteorological observatory, a large library with several thousand volumes (medical and general), a model dairy with sixty cows under strict veterinary control, stables, laundry and disinfection apparatus. There are two hydropathic installations—one in the main building, one in a cottage in the park. The sewerage is dealt with according to the "Heidelberg Tonnen System"; the disinfection of the waste waters according to Dr. Hulwa's system.

The patients, who are exclusively consumptives, are treated much as in other establishments. In febrile stages they rest in the summer-houses, on the balcony, or in their own rooms with open windows. In other stages they walk out in the park. There are five meals per day, about 7, 10, 12.30, 4 and 7 o'clock, the time being notified by horn signals. Patients are woke at 6.45; and take a walk after breakfast. They rest half an hour before midday dinner, and go for a walk after it; rest again from 6 till 7 P.M.; after dinner they stay in the park in summer, in the assembly rooms in winter, and go to bed at 9 P.M. All the patients take a large quantity of milk; those with gastric disturbance have kefir from the farm. Febrile patients are given a glass of milk every hour. The *hydrotherapy*,

which is applied in the morning, is of all degrees from washing with acidulated water to the douche. Dettweiler's flasks and spittoons filled with sawdust are used for the *sputa*, which are mixed with lime and buried, or else mixed with sawdust or peat mould and burned. There is a Protestant chapel near the sanatorium, and a Roman Catholic church at Friedland, from which a priest comes over once a fortnight. For the patients' amusement a series of concerts, theatricals and the like are arranged.

The charges are from 56 to 87 marks per week in summer, according to rooms, $7\frac{1}{2}$ marks more in winter. In addition there is an entrance fee of 25 marks, and extra for beverages, baths, rubbings, douches, inhalations, disinfection (5 marks), bedding, and a few other things. Patients buy their own spitting flask and thermometer. Visitors and friends, attendants, and children under ten, are received at reduced rates.

Statistics.—The average number of patients received into the sanatorium of late years has been 445 per annum, with a total of 36,348 days of treatment, showing a steady increase in popularity.

Mode of Access.—The nearest stations are Friedland, on the line from Breslau to Freiburg; and Dittersbach, on the Silesian Mountain Railway. The former, which is 6 kilom. (nearly 4 miles) from Görbersdorf, is best suited to those coming from Breslau or Austria; the latter, 9 kilom. ($5\frac{1}{2}$ miles), is more convenient for the majority of patients. Carriages should be ordered from the sanatorium. Görbersdorf is a post and telegraph station, but with no night service.

SECOND-CLASS PATIENTS.

Since April, 1894, patients have also been received under treatment at Görbersdorf at reduced rates. For this purpose a number of houses near the sanatorium, with 149 bedrooms and 153 beds, have been utilised, in addition to twenty-six bedrooms let to the institution in the village. Each

house has a common assembly room, while kitchen, dining-room, music and reading rooms are in a separate building. The rooms are described by Hohe as roomy, lofty, light and cheerful. Patients have the use of the park and woods of the sanatorium. The dietary is about the same as in the other establishment, but somewhat simpler; the treatment in other respects being identical.

The charges are from 32 to 40 marks per week according to room; the entrance fee is 15 marks. A reduction is made for friends, visitors, and children under seven. In winter 4 marks extra per week are charged for heating and light. Wine and drugs are also extra. A reduction is made in railway fares for the patients of this section, as in the case of other sanatoria for the less wealthy classes. Dr. Tirmann, second medical officer under Dr. Kobert, is in charge of the second-class patients.

The Brehmer sanatorium is by far the largest in existence. Including first and second class patients, a total of 335 patients can be accommodated, twenty-six in the village houses with which arrangements have been made, the rest in the various buildings belonging to the sanatorium. In Dr. Brehmer's time the largest number under treatment at one time was about 330; of whom two-thirds had to be lodged in the houses of the village. After his death there was a diminution in the popularity of the sanatorium; but under Dr. Kobert the number of its patients has again increased, so that there were this year for a time as many as 315 patients simultaneously under treatment. There are now eight medical officers, three bath attendants and six nurses attached to the institution. Statistics of this sanatorium may be found at p. 53.

The sanatorium has been somewhat severely criticised by Léon Petit and others, mainly on the ground that hygienic requirements have been sacrificed to architectural beauty. Doubtless much money has been spent on unnecessary adornments; and the heating, lighting, and ventilation were open to improvement; but there is reason to believe



FIG. 15.—DR. RÖMPLER'S SANATORIUM, GÖBBERSDORF.

[Face page 155.]

that under Dr. Kobert's energetic management many reforms have been effected. The sanatorium grounds are probably the finest in existence; and the place will always be of special interest to practical physicians as the first in which the hygienic methods of treatment of consumption were systematically carried out, and the value of "closed sanatoria" demonstrated.

DR. RÖMPLER'S SANATORIUM.

This establishment, which is placed within a few hundred yards of Brehmer's establishment at Görbersdorf, was opened in 1875 by Dr. Römpler, in two houses belonging to Freiherr v. Rössing, which were shortly after bought by the doctor. The main building of the sanatorium, which is 550 metres (1805 ft.) above the sea-level, is in a strip of land of 25 to 30 acres, separated from the rest of its grounds in most of its extent by those of the Brehmer establishment. The total area which belongs to it is about 230 acres, 70 being woodland, and is laid out in the same style as that of the larger establishment, but has not yet had time to attain to the beauty of the latter. However, it has every requirement for successful treatment, and the sanatorium is stated to be comfortable and well managed. The park is on the slopes of the mountain side, and rises to a height of 800 metres above the sea-level, a Swiss chalet with balconies and verandahs, which is warmed in winter, being placed in the middle of the grounds for patients to rest in, and get books and refreshments. Other resting places and summer houses are scattered through the park.

The main building, or Curhaus (fig. 15), consists of two parts united by a large and well-ventilated winter garden. Each part consists of a centre and two projecting sides, four storeys high. The main entrance opens on the one hand into the winter garden, on the other into a large dining saloon capable of seating 200 persons. Near this are a reading room, and waiting and consulting rooms for the medical staff. On the first floor are other assembly

rooms, music, billiard and ladies' rooms. The Curhaus has over 100 bedrooms for patients, all of them comfortably and suitably furnished, and some provided with balconies. A large fresh-air verandah surrounds the Curhaus from north-east to south-west. Communicating with this is a long covered walk extending into the grounds and provided with a concert hall. There is also a large terrace with glass roof on the first floor on the south-west side of the Curhaus, affording a fine view of the mountains. The sanatorium is so constructed as to facilitate cleansing. The walls in the corridors and bath-rooms are oil-painted; elsewhere of washable paper. The floors in the bath-rooms, winter garden, reading-room, balconies and terraces are tiled; in the bedrooms of lacquered wood. The sanatorium is heated by Perkins' system of hot-water pipes; heating and ventilation of baths and douche rooms being effected by hot-water pipes from the kitchen. Chimneys are only present in one of the common rooms. The water supply is from a spring on the borders of the park 70 metres above the sanatorium, and is therefore able to supply every floor. There are baths in the Curhaus, and baths and douches in a separate bath-house in the park. The water-closets in the Curhaus are provided with a good flush, the waste waters of every kind being filtered through coke one metre below the surface in the park, and the resulting effluent being pure and clear. Two separate villas in the park near the Swiss chalet are devoted respectively to convalescents and to those who wish to live apart from the other patients. There is also a chapel in the park, where service is held once a fortnight. A well-stocked library and numerous games are also provided.

The treatment is on the usual lines, none but consumptives being admitted. *Sputa* are received into Dettweiler's flasks or into spitting cups containing water. Linen and clothing generally are disinfected by a steam disinfecter. Whenever a room is vacated it is disinfected by Schering's formalin disinfecter. The patients take rest or exercise according to their medical condition. There are

two trained nurses in the establishment, in addition to three male and two female rubbers. Cod-liver oil is occasionally given in winter; more frequently carbonate of guaiacol. Camphorated oil is used for external applications. The results with tuberculin have not been encouraging, so that it is only used where patients urgently desire it. Dr. Römpler lays stress on the necessity of individualising in treatment of patients. Five *meals* a day are provided: a first and second breakfast, mid-day dinner of soup and three courses, afternoon tea and hot or cold supper.

The charges are, for the room, 7 to 25 mks. per week according to position; for board and attendance, 30 mks.; doctor's fees, 7 to 10 mks.; entrance fee, 21 mks., or 30 for a family. This entitles to the use of newspapers and periodicals, the use of the park and its special arrangements, concerts, etc. In winter $6\frac{1}{2}$ mks. per week extra are charged for heating and lighting. Other extras are wine, drugs, the use of bedding ($1\frac{1}{2}$ mks.), extra milk and baths. There is no extra charge for special diet ordered by the doctor. Douches are provided free. Children under ten are received at half-price, and pay no entrance fee. For servants and attendants a reduction is also made.

There is accommodation for 120 patients in the sanatorium and its annexes. For statistics see p. 53.

Both Léon Petit and Hohe speak highly of the arrangements in this sanatorium. The nearest railway stations are Friedland, which is twenty minutes' drive from the sanatorium, and Dittersbach, which is one and a half hours by carriage. This may be ordered from the sanatorium. For soil and climate see the Brehmer sanatorium.

DR. WEICKER'S SANATORIUM,

or the "Sanatorium of the Countess Pückler," owes its origin to a convalescent home for poor people founded by the late Countess Marie v. Pückler in 1883, at Schmidtsdorf, less than a mile to the west of Görbersdorf, and in the same valley. The institution, which belonged to the village

of Schmidtsdorf, was acquired in 1893 by Dr. Hans Weicker, who converted it into a sanatorium for consumptives, and those suffering from diseases of the nose, throat and larynx. It is a small establishment, and its owner intends it to remain so, believing that in this way it is possible to give more individual attention to each patient. The sanatorium is sheltered by mountains to the north, and at a greater distance by wooded spurs to the east and west. The woodland belonging to the establishment amounts to scarcely $6\frac{1}{2}$ hectares (16 acres), but the patients have access to the adjoining woods of Count Pless, according to an agreement with the owner; so that plenty of sheltered walks are available, with resting places and pavilions and beautiful views.

The sanatorium (fig. 16) stands at 560 metres (1837 ft.) above the sea-level. It is an oblong block four storeys high, with a receding centre portion in front of which is a terrace, and higher up two deep balconies. The lower balcony is continued round the house to the east and west ends. There is a small open-air shelter or "liegehalle" touching the eastern end of the house. The rooms are simply furnished; the walls being partly oil-painted, partly colour-washed, partly papered, and the floors painted or covered with linoleum. Every room has a chimney, and is heated by closed stoves. The lighting is at present by petroleum, but electric lighting is to be introduced. The closets are turf-mould closets, the waste water being clarified by filtration.

The treatment in the main resembles that in other German sanatoria. Patients take exercise in the grounds and woods, excepting before dinner and after meals. Those who are febrile or dyspeptic remain at rest on couches in the open air. Dr. Weicker has introduced some modifications in the couches used, to enable various horizontal or reclining positions to be assumed. A small carriage is used to take slightly febrile patients across the park. Systematic respiratory exercises are prescribed in suitable cases.

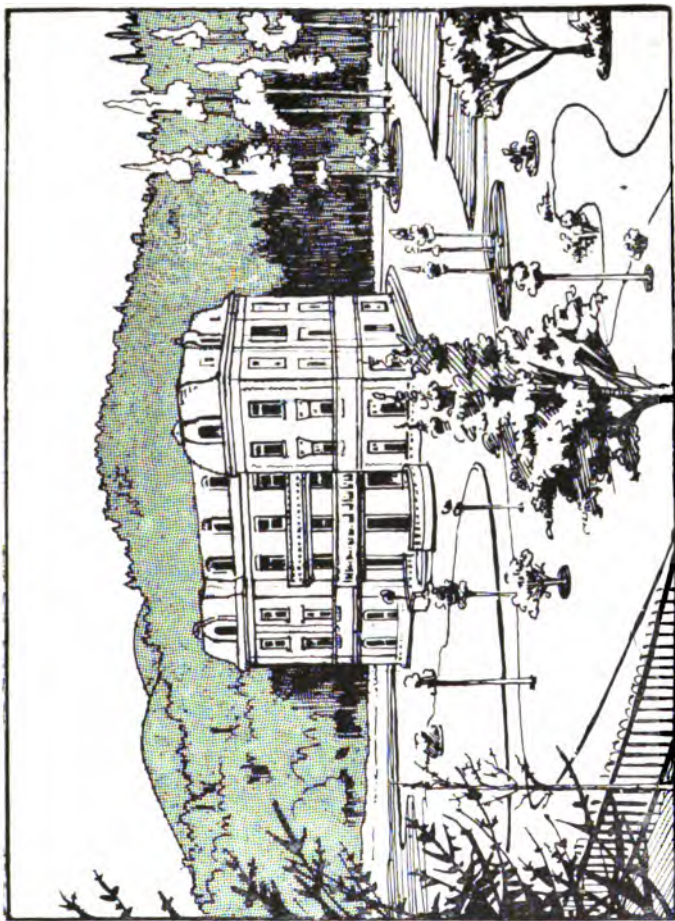


FIG. 16. —DR. WICKER'S PRIVATE SANATORIUM, SCHMIDTSDORF, NEAR GÖRBERSDORF.

[Face page 158.]

Hydrotherapy is employed, but not in the form of douche. In the morning the patients are rubbed with a wet glove with water at 93° F., and replaced in a warm bed without being dried. For night sweats, sponging with solutions of spirit or camphorated spirit is used. Another favourite application is a hip bath at 93° F. followed by affusion at 86°. General massage is also applied every other day if the appetite is unsatisfactory. Moist compresses are used at night to counteract congestion of the lungs. Drugs are but little used, and mainly to combat urgent or troublesome symptoms. Cod-liver oil is seldom used; very little alcohol is given, and only a moderate amount of milk. So-called specifics are not used. Daremberg however states that creosote and guaiacol are often prescribed. The physician lives in the house, and takes his meals with the patients. Milk or soup is served in bed before the patients rise. Then follows a breakfast of coffee or cocoa, kefir or soup with bread and butter, biscuits, etc., after this a light lunch of milk with bread and butter, followed by mid-day dinner of soup, fish, meat, vegetables and stewed fruit or pudding. In the afternoon another meal is given like the breakfast. The last meal is a hot or cold supper. No extra charge is made for special diet ordered by the physician. There are two trained nurses in the house. *Sputa* are disinfected with lysol, the linen by boiling, the rooms with formalin vapour.

The charges in summer amount to from 41 to 52 mks. per week; in winter (1st October to 15th May), 3½ mks. extra are charged for heating and lighting. There is an entrance fee of 10 mks., or 15 for families. A charge of 5 mks. is made for the first medical examination. There are a few extras. The establishment will accommodate twenty-five to thirty patients. In 1896 it received fifty-nine patients, with 3802 days of treatment.

For further particulars, see the Brehmer sanatorium. Dr. Weicker is also the medical director of a sanatorium for poorer patients, described at p. 209.

CHAPTER XXVII.

SAXON SANATORIA FOR PAYING PATIENTS.

FOR the sake of convenience, the Saxon sanatoria of the Harz district are described in the next chapter. The only other sanatorium which, strictly speaking, belongs to this group is the one at Reiboldsgrün. A short description of Dr. Lahmann's sanatorium near Dresden is, however, added, although it is not specially an institution for consumptives.

DR. DRIVER'S SANATORIUM, AT REIBOLDSGRÜN,

is situated on the lower slopes of the Erzgebirge in Saxony. These mountains, which form the natural frontier between Saxony and Bohemia, and reach an altitude of 750 to 800 metres (2460 to 2624 ft.), with a few peaks of 1200 metres (3937 ft.), consist of a number of parallel chains separated by valleys, each containing a tributary of the Elbe. Here, in the little valley of the Zinsbach, in the midst of a huge forest of pine trees, over ninety miles long by twelve to eighteen wide, is situated the sanatorium of Dr. Driver, at an altitude of 700 metres (2296 ft.) above the sea-level.

The district has been known and frequented since 1725 for its ferruginous waters, and had a little thermal establishment, which was acquired in 1873 by Dr. Driver, and converted into a sanatorium for consumptives, after the model of Brehmer's at Görbersdorf. Dr. Driver still owns the establishment, and lives on the spot, but has entrusted the management since 1892 to Dr. Felix Wolff-Immermann, formerly at the head of Brehmer's sanatorium.

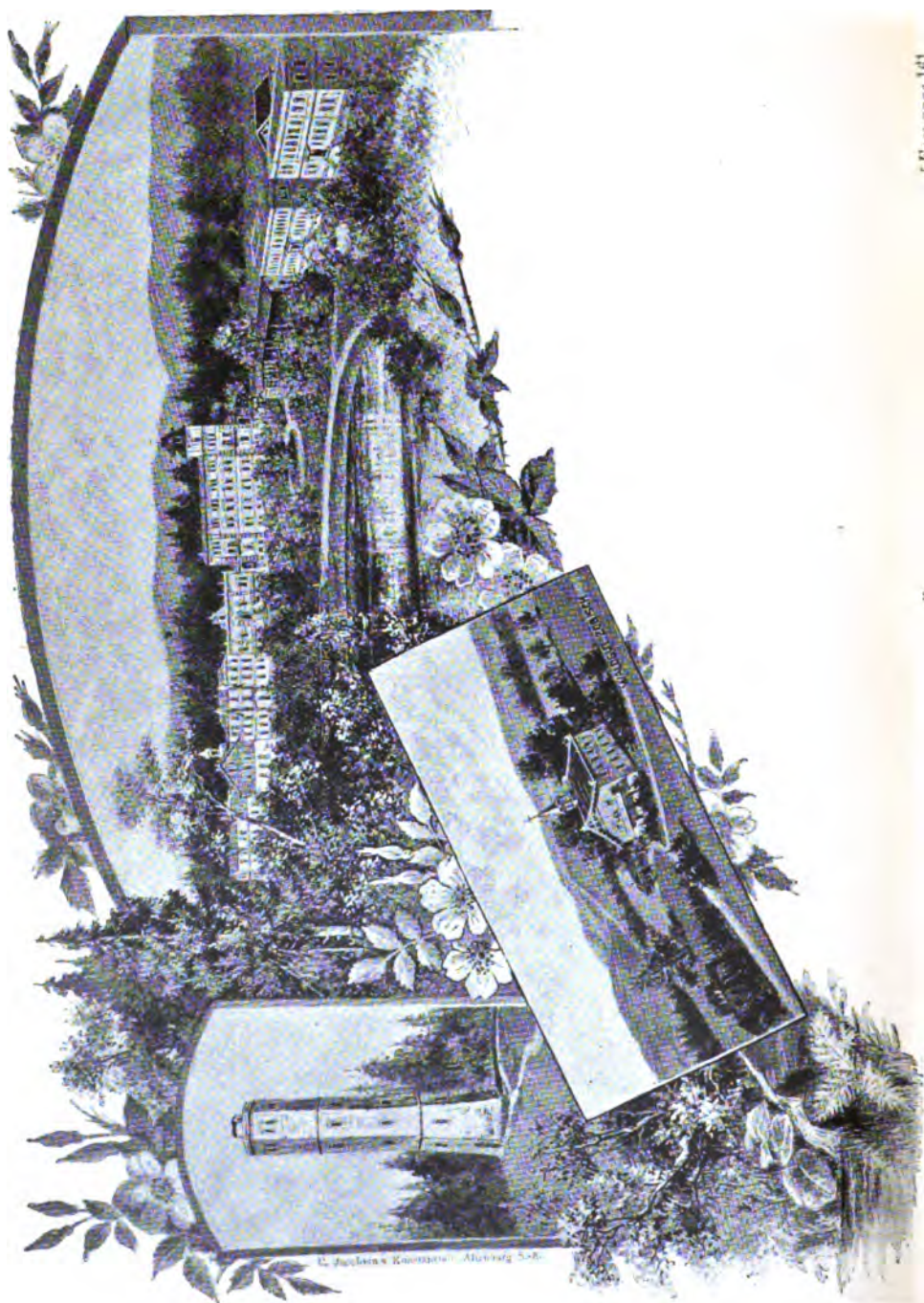


FIG. 17.—THE REIBOLDSGRÜN SANATORIUM.

The place is on volcanic soil, permeable, yet free from dust. The climate is a sheltered hill climate, with quiet air and little variation in temperature. The sanatorium stands in a park of seventy-six and a half hectares (about 189 acres), provided with numerous walks, resting-places and summer-houses, and very diversified in character. It also contains an artificial lake, which is in winter used for skating and sledging. The situation is a most convenient one for a closed sanatorium, owing to its isolation, as there is no village or health resort for miles, and pine woods spread on every side.

The sanatorium (fig. 17) consists of a group of eight large buildings, arranged for the most part along the northern and eastern sides of a large garden, and connected by covered corridors. There are also a few more small buildings for the staff and management.

The central block, or Curhaus, which was erected in 1890, contains a dining saloon for over 100 persons, several assembly rooms (reading, music, and billiard rooms, etc.), and the kitchen department, and has a verandah along the southern side. Attached to the Curhaus is another, of which the ground floor contains the postal department and the office; the two upper floors containing fifteen rooms, mostly to the south. It is in this building that the medical director lives. The Curhaus also communicates on the other side, by a covered corridor, with the "Villa Winterheim," which is the largest of the group. It contains on the ground floor the douche and bath rooms, drug room, waiting and consulting rooms, and laboratory. The three upper floors contain thirty-four patients' bedrooms, none of which has less than 100 cubic metres (3530 cub. ft.) air space. There is a high tower at the eastern end, and next to it a glass-covered verandah communicating with four large galleries, and through them with the "Villa Wiesenhaus". This, like the preceding, is very comfortably furnished; it has twenty-six patients' rooms on two floors. A little lower down is "Hugo's Ruhe," with fifteen rooms, some of which

are occupied by the assistant medical officer. Near the Curhaus is the "Turmhaus," containing on the ground floor the administrative department; on the upper floors twenty-two rooms, mostly smaller than the others. Beside this is the "Villa Karlsruhe," with twelve good rooms; and Dr. Driver's house, "Villa Mathildenuhe". In addition to these villas, there are stables and farm buildings, laundry with steam disinfecter, but no private dairy. About a quarter of an hour's walk up-hill in the park is a house (also under medical control) where patients can obtain rest and refreshment, while they enjoy an extensive view over the surrounding country. Convalescents and friends of patients are also quartered here. The sanatorium altogether contains 111 patients' rooms, and will accommodate 105 to 108. Most of the rooms are 4 metres high; the smallest covers 15 square metres (161 sq. ft.), and most are considerably larger. The walls are painted with oil colours for 1½ metres, and lime- or colour-washed above this. The floors are mostly covered with linoleum. The Curhaus and "Villa Winterheim" are heated by low-pressure steam; the other villas, partly by cast-iron stoves, partly by tiled stoves. The lighting is by petroleum lamps, the "regenerative lamp" being used in the larger rooms. There are no special ventilating contrivances. There is considerable difference in the appointments of different parts of the establishment; but the furniture is generally simple and readily cleansable. The establishment has its own spring of water, and, in addition, a steam pump in case of drought.

The sanatorium is exclusively for consumptive patients, and has been strictly so since early in 1892. Only those are admitted who are likely to benefit from the climate. If there are no signs of improvement within the first fortnight, they are advised to leave the establishment, as, in Dr. Wolff-Immermann's experience, this is a reliable test of the suitability of the climate. Out of 366 patients who left in 1897, 11 per cent. did so before the twentieth day, and half

this number before the eleventh day. The average duration of stay is sixty-six days. Doubtless in many cases patients leave too soon; but some of those who benefit at first become febrile again later on, and yet promptly recover their health on removal to a lower altitude. This illustrates the fact that there must be a certain relation between the stimulating qualities of each health resort and the reactive powers of the patient. The number of those who apply for admission at Reiboldsgrün is steadily increasing. In 1892 there were 264 treated; in 1897, 377 were admitted. The average for the five years ending in 1896 was 311 patients, with 21,874 days of treatment; in the previous period, 270 patients, with 19,833 days of treatment. By far the largest number were Germans, this being a much less cosmopolitan sanatorium than most of the other large establishments in Germany. There are on an average seventy in the sanatorium at the same time.

The treatment is on the usual lines. Febrile patients rest, while others take exercise in the open air, spending about ten hours out of doors every day. It has been increasingly the custom to make use of the shelters in the woods for rest, instead of the verandahs. The occupation of patients is very carefully controlled. There is a good library; some of the more exciting books are forbidden to febrile patients. Musical instruments and unobjectionable games are also provided. There are periodical concerts and entertainments. In winter, those who are fit for it go sledging, or even skating. There are five *meals* a day, as at other German sanatoria. The medical director is not a believer in the excessive administration of milk, or in unnecessary "stuffing".

Sputa are received into spittoons containing water, and are emptied once or twice a day into the water-closet. The linen is disinfected by steam. As regards drugs, the chalybeate spring in the grounds is given when climatic treatment alone does not give satisfactory results; in other cases, symptomatic treatment is adopted, very little else

being given excepting antisyphilitic remedies where called for, or quinine and arsenic where there is a malarial taint.

Of those treated, 80 per cent. were "better" when they left. Two died, one from tubercular meningitis, the other from severe hæmoptysis, which came on while he was improving in health. To appreciate the value of the treatment, Dr. Wolff-Immermann's careful report and analysis should be studied.

There is one assistant physician in summer, two in winter. One trained nurse is found to be sufficient.

The charges are 45 to 63 marks per week, with an entrance fee of 10 marks, or 20 for a family, and a few extras. Reduction is made for children, visitors, and attendants. Since the opening of the Albertsberg Sanatorium no "second-class" patients connected with insurance societies are received.

Evangelical service is held once a fortnight in summer, once a month in winter. A chapel is, however, to be built for the common use of the two sanatoria. Roman Catholics can find a church at Auerbach.

The nearest railway station is at Rautenkranz, nearly three miles off, on the line from Chemnitz to Aue and Adorf. This is best for patients coming from Bohemia and S.E. Saxony. For others, Auerbach station (about $4\frac{1}{2}$ miles), on the line from Berlin and Leipzig to Hof and Munich, is more convenient. Carriages should be ordered from the sanatorium.

DR. LAHMANN'S SANATORIUM,

at Weisser Hirsch, near Dresden, although not a special sanatorium for consumptives, is here alluded to, inasmuch as it receives cases of early phthisis amongst others, and the methods of treatment are to some extent similar to those of the sanatoria for consumptives.

Many of the ailments which flesh is heir to are directly or indirectly caused by unnatural and unhealthy conditions of life. People live in sunless and ill-ventilated rooms,



FIG. 18.—DR. LAHMANN'S SANATORIUM. SLEEPING BOX.

[Face page 186.]

wear unsuitable clothing, take too little exercise or ill-considered spells of sedentary work, or an unsuitable dietary, or give themselves up to various forms of self-indulgence. The evil results of such hygienic errors can to a great extent be remedied by hygienic means; and this is what Dr. Lahmann's sanatorium professes to do. Only "natural remedies" are employed, such as water, light, fresh air, massage and regulated exercise, dietetics, electricity, and in certain cases mental suggestion. Drugs of every kind are dispensed with, in order to avoid the possible drawbacks incidental to their use.

The sanatorium is situated on a plateau 238 metres (780 ft.) above the sea-level, in the health resort Weisser Hirsch, a village of about 1200 inhabitants, which in summer receives the overflow of visitors from the sanatorium. Sheltering the village to the north and north-east is the extensive forest called the Dresdner Heide, which is provided by the local Improvement Society with good paths, benches, shelters, and the like. The extensive grounds of the sanatorium, which also include a portion of woodland, are contiguous with the public woods.

The sanatorium consists of a main building containing various reception rooms and dining saloons, a bathing establishment and gymnasium, and a number of separate villa residences. The reception rooms in the main building are lighted with electricity, and communicate with the bathing establishment by means of a covered walk. In addition to these buildings, there are a number of open shelters for the fresh-air treatment, fitted up for sleeping as well as for use in the day time (fig. 18). Another feature of the place consists in the systematic air-baths in specially-arranged and sheltered spots, designed to restore the lost functions of the skin, and sun-baths to stimulate nutritive processes.

Hydrotherapy is extensively used. The ordinary dietary consists of five *meals*, with a smaller proportion of meat than is usual elsewhere in Germany. In certain cases a

vegetarian diet with eggs and milk is prescribed. Special attention is paid to the proportion of various salts in the food and in the excretions, as determined in the chemical laboratory. The buildings are heated by means of central steam apparatus. The sewerage has been perfected at heavy cost, and the water supply is said to be excellent and abundant. The sanatorium has a private dairy farm of tested cows. For the amusement of the visitors, in addition to books and papers, concerts, musical evenings, dances in summer, bowls, croquet, billiards, cycling, and pony sledging in winter, are provided.

The duration of treatment varies according to the nature of the case—in constitutional ailments at least six weeks is advised; and in long-standing maladies as many months as there have been years of illness. There are six doctors in residence in addition to Dr. Lahmann, including one lady doctor. During 1897 over 2000 visitors (or, including the village, over 3000) were received, of whom 221 came as attendants or for change of air. There are on an average 300 visitors at one time in the sanatorium in summer, and 100 in winter, of the most various nationalities.

The charges, including board, lodging, and medical treatment, are from 70 to 91 marks per week, with a few cheaper rooms for those without means. Reductions are made in the case of children, and where two sleep in one room. Those who lodge in the village pay 62 marks, or, for board or treatment alone, 42 marks per week.

The sanatorium is an hour's drive from the station, which is connected with Loschwitz by a wire-rope railway, and thence with Dresden (Neustadt) by two electric railways and a steamboat service. The telegraph and telephone office is opposite the sanatorium.

CHAPTER XXVIII.

PRIVATE SANATORIA OF THE HARZ DISTRICT.

No important closed sanatoria for paying patients exist in this beautiful district of Germany, although there are several for the less wealthy classes. A small sanatorium exists at Altenbrak ; another has been built at Sülzhayn, which, however, is being occupied by working-class patients until the completion of the large sanatorium destined for their use. Drs. Ladendorf and Jacobasch treat patients at St. Andreasberg by the hygienic open-air method, but their establishments are open sanatoria, not exclusively for consumptives. The "Felixstift" of Dr. Ladendorf, however, is a closed sanatorium for the less wealthy middle-class patients, resembling in this respect the "second class" section of the Brehmer sanatorium. It is described at p. 231.

THE ALTENBRAK SANATORIUM

is in the "Bodenthal," which many regard as the most beautiful part of the Harz district. It lies in a valley open to the south and protected by mountains covered with pine woods, which are only a few steps from the sanatorium. It is 310 metres (1017 ft.) above the sea-level, and has accommodation for twenty patients, unless the contemplated enlargement has already taken place. It is managed by an assistant of Dr. Pintschovius, who is himself a resident in the neighbouring village of Ketzin, and in charge of an open sanatorium for the poorer classes. The charges are 42½ to 46 marks per week ; an entrance fee of

10 marks is required, or 15 for a family; and 5 to 10 marks are charged for the first consultation. Children are received at reduced rates. The nearest railway stations, which are one to two hours by carriage from the sanatorium, are Blankenburg and Thale. I have been unable to obtain full particulars concerning this sanatorium.

ST. ANDREASBERG

is a small town of nearly 4000 inhabitants, with a visiting population of nearly as many more, who visit the place chiefly for the sake of hydropathic treatment or for change of air. It is situated partly on the side of a long hill, partly in some adjacent valleys, the upper part being 660 metres (2165 ft.) above the sea-level, and the lower part some 500 ft. lower down. It is said to be the most elevated town in northern and central Germany, and has long been known as a cool summer resort. The upper part is laid out as a broad avenue bordered with trees, and is cool and bracing from its elevation and its proximity to open moor and meadow land. In the lower part the red-roofed wooden houses are more closely massed together, and the streets unusually steep though fairly wide. Mining operations are carried out in some of the neighbouring valleys, but there are no large factories to sully the purity of the air. The place has two hydropathic establishments, and is said to have 700 lodging-houses,¹ besides half a dozen good hotels, a concert hall and theatre, and a "Kurpark"; electric lighting and electric trams are, it is said, to be introduced before long; but with all this, it remains a quiet and unpretentious little town, rather than an ultra-fashionable health resort. The town as a whole is sheltered from keen winds by mountains to the north and east, and by wooded hills in other directions; and from the purity of its air, the dryness of the soil (which is of shale), and the absence of dust, forms a very suitable resort for consumptives in an early

¹ R. W. Felkin, "Lauterberg and St. Andreasberg," *Prov. Med. Jour.*, July, 1892.

stage, who have of late years frequented it in winter as well as summer. The winter climate is somewhat warmer than the neighbouring lowlands. The mean temperatures for the various months are said to be as follows:—

January,	- 1·2°	July,	+ 15·0°
February,	- 1·8°	August,	+ 13·7°
March,	- 0·5°	September,	+ 11·8°
April,	+ 5·4°	October,	+ 6·7°
May,	+ 12·9°	November,	+ 2·1°
June,	+ 15·9°	December,	- 0·6°

Mean annual temperature, 6·7°; mean bar. pr., 705 mm.; mean humidity, 39 per cent.; prevailing winds, W. and S.W.

The surrounding country is exceedingly varied and picturesque, with open country in some directions, and beautiful pine-clad mountains with deeply cleft valleys in others. The water supply is exceedingly abundant, and is said to remain so even in seasons of drought. As in most foreign health resorts, visitors have to pay a *kurtaxe*.

The two hydropathic establishments—which belong respectively to Dr. Ladendorf and Dr. Jacobasch—are both in the middle of the town, in situations which are rather sheltered than bracing. Dr. Ladendorf receives a few consumptive and other patients into his own house for treatment; others are quartered in neighbouring houses. It is scarcely to be called a sanatorium for consumptives. Dr. Jacobasch's sanatorium, which is close to his bathing establishment, consists of a pleasant-looking villa, which is provided with wide covered verandahs and balconies, and has accommodation for ten first-class patients. Arrangements have also been made with a neighbouring lodging-house for the reception of seven second-class patients. Surrounding these various buildings, and the doctor's own residence, is a large garden; and adjoining this is the "Kurpark," with its sheltered walks and summer-houses, and its artificial lake and fountain. Dr. Jacobasch does not accept any advanced cases for treatment; nor does he confine himself to consumptives. These are treated

the erection of so many sanatoria in Germany for the fresh-air treatment, three such establishments were opened at Rehburg, one being for the poor of Bremen, the two others for more wealthy patients. Exaggerated notions of the infectiousness of consumption have unfortunately injured the popularity of Bad Rehburg, which has consequently fallen into undeserved neglect. Those who wish for a quiet rural retreat, with beautiful country in the immediate neighbourhood, would do well to remember this once fashionable health resort. It is served by a narrow-gauge railway, which runs from Wunstorf, at the junction of the line from Hanover to Bremen with that from Berlin to Cologne and Holland.

DR. MICHAELIS' SANATORIUM,

which was specially built in 1886 for the hygienic treatment of consumptives, is situated in the upper part of the village, about 300 feet above the sea-level, and is surrounded on three sides by public woods, which cover over 300 acres of ground. It stands at a distance from the road, surrounded by a garden of about three acres, remarkable for its lofty and beautiful beech trees.

The sanatorium (fig. 19) consists of a three-storey building, with a few attics in the peak of the roof, and verandahs to the south and east. It has a southerly aspect, and the rooms are so arranged as to admit sunshine into every one. The centre of the building projects in a series of open balconies and fresh-air shelters, each of which stands a little farther out than the one above. The rooms behind these are well lighted by windows in other directions. There are a few common rooms, the dining saloon having a capacity of about 1000 cubic metres (35,300 cub. ft.). The bedrooms, which are twenty in number, vary in size from 50 to 100 cubic metres (1760 to 3530 cub. ft.). They have linoleum-covered floors, whereas in the common rooms there is parquet. The walls are covered with shiny washable paper, and the furniture is also for the most part

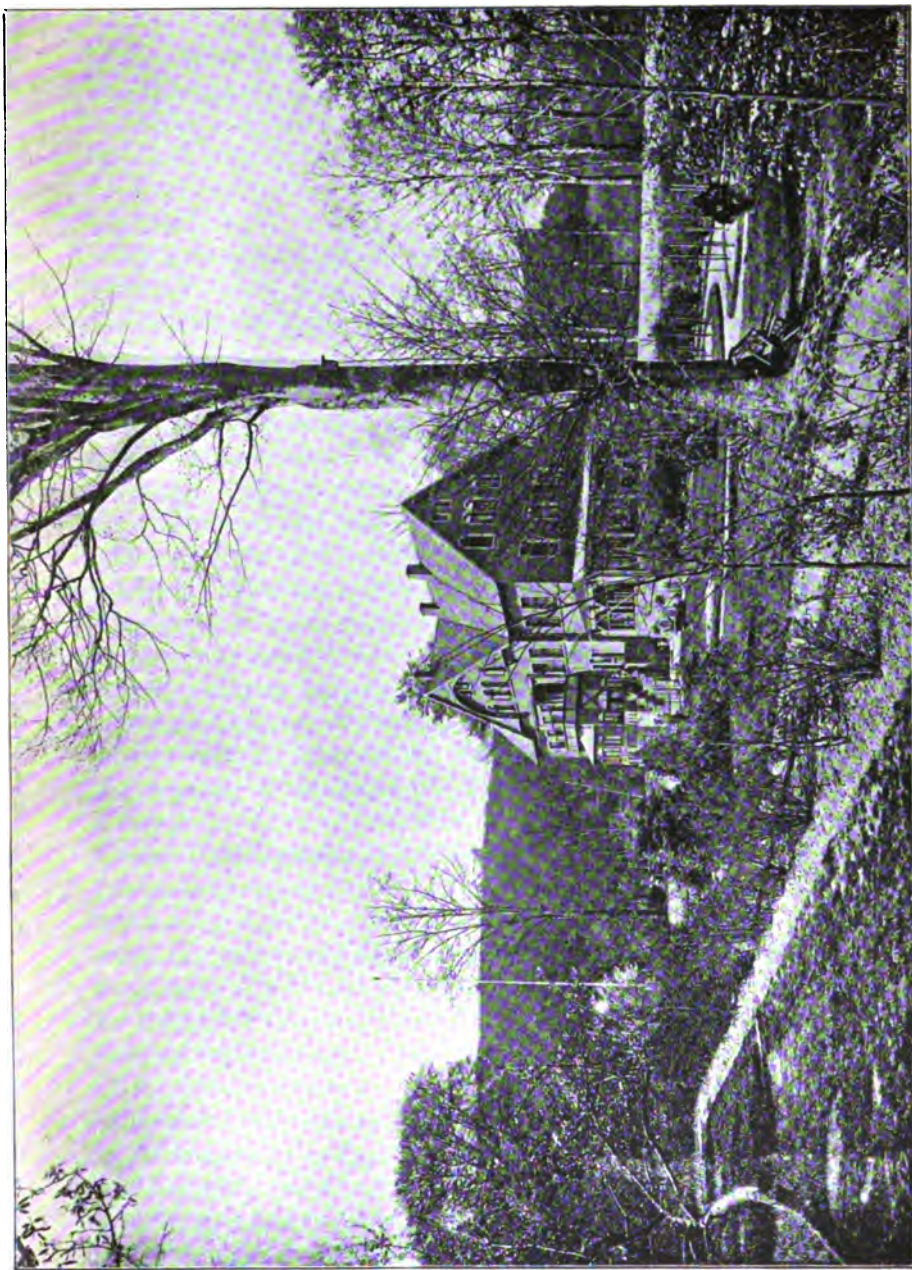


FIG. 19.—DR. MICHAELIS' SANATORIUM, REHBURG, BAD REHBURG, HANNOVER.

[Face page 172.]

readily cleansable. The heating is by low-pressure steam ; the lighting by naphthalene lamps ; but it is proposed to introduce acetylene, unless a public supply of electricity is provided. The visitors are almost exclusively consumptives, of whom only those in chronic or curable stages are admitted.

The treatment is of the usual kind. Dr. Michaelis agrees with Dettweiler in advocating rest rather than exercise in the majority of patients who come for treatment. Patients spend much time out of doors—often 12 or 13 hours a day—lying out on cushioned cane lounges in the garden, the open south verandahs, or the summer-house. There is seldom a day when they are obliged to use the closed verandah. The oleander blooms freely out of doors in most seasons ; and the evenings are nearly always still and clear. In cold weather, wraps and hot bottles are provided. The *diet* is intended to resemble that of a high-class private house rather than an hotel. Plenty of milk is given, especially in small repeated doses in the afternoon. During summer patients also take whey from the royal establishment ; or, if feverish, goats' milk or kefir. The whey is said to increase the capacity for other food. In the morning it is taken hot. The goats, owing to special feeding, yield milk free from the usual strong flavour. Unlike Dr. Dettweiler, Dr. Michaelis gives very little alcohol, and never undiluted. Respiratory exercises are not favourably regarded by him, excepting for young subjects who are only inclined to consumption, and have good heart action, in which case Waldenburg's apparatus may be useful. Baths and douches are provided in the royal bathing establishment. Dr. Michaelis is a strong advocate of inhalations under a pressure of half an atmosphere, of saline solution, creosote solution, pinol and the like. For night sweats he advises a brief tepid bath, followed by rubbing with spirit or dry rubbing ; or else an infusion of freshly gathered oak twig bark. For excessive cough he gives codein ; for irregular febrile outbursts, antipyrin.

pastured on a field next the garden. Whey from the institution in the village and kefir are also given.

Only consumptives in the first and early second stages are admitted. They are treated by rest and exercise in the open air, and by the "air bath" already alluded to; by active and passive respiratory exercises, massage, electricity, inspiration of compressed air by Waldenburg's apparatus, followed by expiration into slightly rarefied air; methodical holding of the head, breathing through the nose, and graduated walking exercises under medical supervision. Hydrotherapy forms an important part of the treatment.

In the morning a wet rub at 24° R. (86° F.) is followed by a dry rub, and this by cold affusions or gentle douches. In the evening the patients have a tepid bath. If hæmoptysis appears, the ice compress or icebag is applied. For consolidation, wet compresses are employed. For fever, cooling baths with temperature reduced from 28° to 24° R. (95° to 86° F.), followed by ice pack. Night sweats are treated with tepid sponging in the evening, followed by sponging with spirit and vinegar. A few patients receive brine baths, mud baths, pine baths, aromatic and carbonated baths, followed by tepid douche and a rub with absolute alcohol. Dr. Lehrecke attaches great importance to the soundness of the nasal and pharyngeal mucosa, the mouth and teeth. He uses inhalations, in suitable cases, of solutions of mineral salts, atomised essential oils, ozone, and the like. Drugs are prescribed rather more freely than in some other sanatoria.

Dr. Lehrecke has two assistant physicians under him. The charges are from 56 to 68 marks per week. Extras are beverages, unusual remedies (such as tuberculin), baths and douches.

CHAPTER XXX.

PRIVATE SANATORIA IN THE RHINE DISTRICT.

Two very well-known establishments are situated in this part of Germany—Falkenstein, in the Taunus Mountains, and Hohenhonnef, in the Siebengebirge—as well as another at Laubach, recently opened by Dr. Achtermann. Other sanatoria for poorer patients in this district are described in chap. xxxix.; and for poor and paying patients in the Black Forest, in chaps. xl. and xxxi.

THE FALKENSTEIN SANATORIUM

was the first of its kind erected in western Germany, being opened in 1876 by a company of citizens of Frankfort, under the influence and direction of the well-known Dr. Dettweiler.

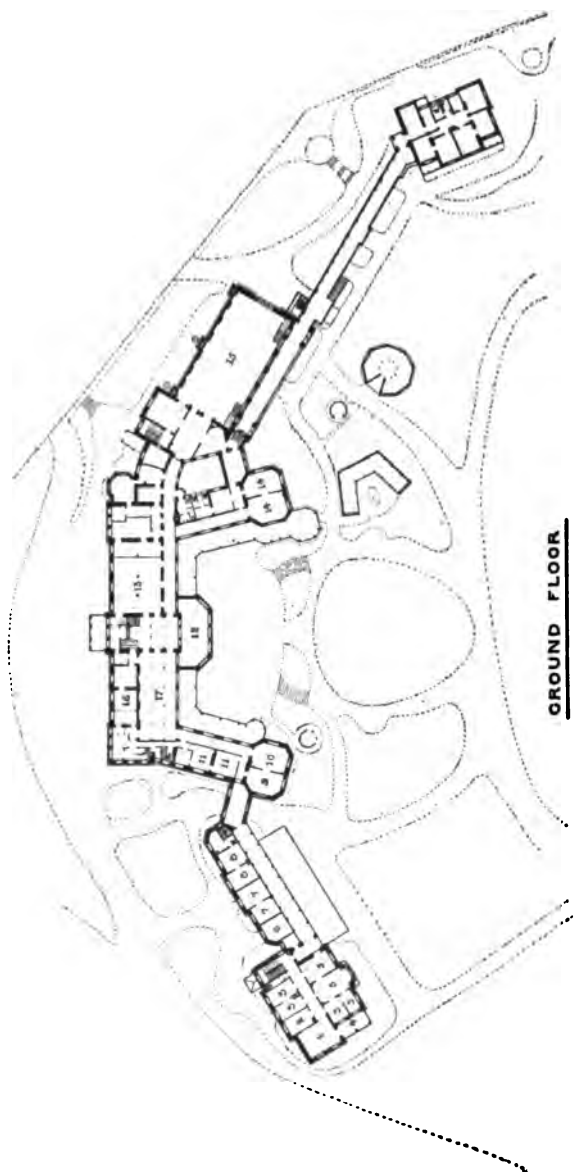
It is situated about fifteen miles north-west of Frankfort, on the southern slopes of the Taunus Mountains, at the upper end of a valley which is exceedingly well sheltered on the west, north, and east by hills of from 1500 feet to nearly 3000 feet above the sea-level. The soil consists of clay-slate, gneiss, and porphyry. The surrounding country is picturesque and well wooded, with extensive forests of beech and other trees. The climate is a moderately moist hill climate, with plenty of sunshine in summer, but a good deal of rain and fog during the cold part of the year.

The sanatorium has a south-east aspect, and stands about 400 metres (1312 ft.) above the sea, having an extensive view over the little town of Cronberg and the flat valley of

the Main, which, with Frankfort on its banks, can be distinguished in the distance.

The grounds of 5.71 hectares (about 14 acres) are partly meadow land, partly garden in terraces, with clumps of bushes and trees, and are continuous on the north-west side with the extensive neighbouring public woods. Both are provided with a number of paths at various gradients, well supplied with seats, and in the grounds with summer-houses of various shapes and sizes, some of which can be turned round for shelter against wind.

The sanatorium consists of a main building with two additional villas united to it by covered corridors. The main building (fig. 20) has a central block and two wings, which diverge at obtuse angles and enclose a stone terrace with deep verandahs, under which the patients rest on cane sofas. On the ground floor of the central block are a large winter garden, a rather gloomy reading room, and cloak rooms, with a well-lighted corridor in front, looking on to the terrace and extending to the wings. Behind are the entrance, grand staircase, porter's lodge, and post and telegraph offices. At the ends of the wings are music and conversation rooms, billiard room, and library. The handsome dining hall, which is placed in a separate building over the kitchens, communicates through a vestibule with the eastern end of the central corridor. It is 78 ft. long, 39 ft. wide, and 32 ft. high, and can easily seat 200 guests. In front of this, diverging by an obtuser angle than the eastern wing, is an open corridor 200 ft. long, which leads to the eastern annexe. This is now entirely occupied by patients' rooms. A similar but shorter corridor on the other side of the centre leads to the western annexe, of which the basement contains the bath and douche rooms, the rest consisting of laboratories, consulting rooms, and the private rooms for the three medical officers and their establishment. The kitchen department, water-closets, and dining rooms for servants and officials are grouped around a small court near the dining saloon. The position of the



GROUND FLOOR

Fig. 20.—THE FALKENSTEIN SANATORIUM.—GROUND PLAN.

- | | | |
|---|-------------------------|-----------------------------------|
| 1. Board Room. | 6. Lavatory. | 12. Winter Garden. |
| 2. Visitor's Room. | 7. Mortuary. | 13. Reading Room. |
| 3. Rooms for the Staff. | 8. Gardener's Quarters. | 14. Conversation and Music Rooms. |
| 4. Verandah. | 9. Library. | 15. Dining Saloon. |
| 5. Consulting and Waiting Rooms and Laboratory. | 10. Billiard Room. | 16. Office. |
| | 11. Visitor's Rooms. | 17. Winter Garden. |

[Face page 178.

latter near the garden might be turned to greater advantage by bringing the windows on the south side down to the ground, and leaving them open during meal times. At present, however, the eastern corridor, which runs in front of the dining saloon, interferes with such a desirable arrangement, owing to a difference of level. The upper part of the central block and wings, which is partially built of wood, is occupied by bedrooms on two floors, with smaller ones in the attics. Some of these bedrooms have balconies, one in the centre over the winter garden being a very large one. The bedrooms are 4 to $4\frac{1}{2}$ metres (13 to $14\frac{1}{2}$ ft.) high, and are mostly of good size, excepting those in the topmost storey. Very few have chimneys. The walls are papered, partly with washable, partly with ordinary paper. The floors are everywhere of polished wood, or else covered with linoleum. Carpets are only used in strips by the bedside. Curtains and hangings are all of washable material. The furniture is mostly simple in character, but varies according to the kind of room. Stuffed articles have washable covers to them. There are no special ventilating contrivances, the air being renewed by open windows. Nor is there any lift. The place is heated partly by low-pressure steam, partly by ordinary German stoves or hot-water pipes. There are altogether six heating furnaces. Until recently the larger rooms were lighted with oil-gas, made in a private apparatus close to the sanatorium; the bedrooms, with lamps and candles. Electric lighting has, however, now been introduced, thereby effecting a much-needed improvement. The water supply, which is abundant and of excellent quality, is obtained from private springs at the top of the neighbouring hill. In case of drought, there is a second supply from Cronberg. Hot and cold water are laid on to each floor; but the supply of bathrooms was far too limited when I visited the institution. The drainage system, which was constructed in 1883, under the direction of an English engineer, appears to be very good and complete of its kind. The water-closets, although not built

out, are of good pattern. The sewage, with the rest of the waste water, runs into precipitating tanks in a shed in the grounds, where it is treated with acidulated aluminium sulphate, and repeatedly clarified by a partially automatic apparatus. The sludge is mixed with peat, leaves, or earth, and then used in the garden, while the liquid effluent irrigates a field. There was no objectionable smell when I visited the place. Most of the outbuildings—the stables, cowsheds and pigsties, the somewhat primitive laundry, the steam disinfecter, etc.—are on the other side of the road, behind the building on the north side.

There is altogether accommodation for 112 patients in the sanatorium, without counting those who lodge in the village. The proximity of the village inn, although in some respects convenient, is in others a disadvantage, or, possibly, in certain cases, a hygienic danger.

The treatment of the patients is according to Dr. Dettweiler's well-known methods. More stress is laid upon rest in the open air than upon graduated exercise, for which, indeed, the grounds are less suitable than at some other establishments. There is plenty of provision for open-air treatment, the deep verandahs, balconies, summer houses, and long covered corridors being available in all weathers. One of the corridors, indeed, is glazed, and can be heated to any desired degree, while an abundant supply of fresh air can be admitted. Hydrotherapy is systematically made use of, beginning with dry rubbing and passing through spirit rubbing, cold ablutions, and the cold wet sheet to the cold douche. The number of those who use the latter is, however, much smaller than formerly. Patients are somewhat unnecessarily restricted in their use of hot baths, being only allowed to have them at intervals, and with water below 96° F. Food is abundant and of good quality, four *meals* per day being provided; the patients can also obtain extra milk by paying for it. An attempt, which is only partially successful, is made to suit the different requirements of the various nationalities

represented amongst the patients. The milk is obtained from a private herd of tested cows under veterinary supervision, and is strained through felt. Dr. Dettweiler's known predilection for the administration of comparatively large doses of strong spirits is contrary to prevailing medical notions.

There is a strict rule enforcing the use of Dettweiler's flasks, or of ordinary *spittoons*, many of which are placed in the grounds. In the latter place they seem to me calculated to lead to just those evils which they are intended to prevent. A solution of lysol is used for disinfection. The linen of the establishment is washed by hand in the private laundry, after disinfection in the steam disinfector. Patients' body linen and handkerchiefs are washed in the village. Rooms are carefully disinfected after a patient leaves. There are no trained nurses, unless they are specially ordered from Frankfort, in which case there is no convenient accommodation for them. The servants' quarters are also, as I am informed, not quite satisfactory according to English notions, and apt to lead to awkward consequences in the event of accidental illness. Drugs are only sparingly used at Falkenstein. Creosote is little used; Koch's new tuberculin was being sparingly used when I was there. Great attention, however, is paid to throat complications, which are treated by inhalations and various topical applications. Various local societies amongst the patients help to keep them amused; but no regularly recurring entertainments from outside have hitherto been arranged. There is a Roman Catholic church in the village. Protestant services are held twice a month in the large board room. There is also a synagogue in Falkenstein.

The charges vary from 63 to 108 marks per week; reductions for children and servants. The entrance fee is 20 marks. Baths, douches, rubbing, drugs and instruments, beverages, afternoon milk, lighting, and, in the main block, heating, are extra charges.

The sanatorium is exclusively reserved for consumptives.

About 160 patients are admitted for treatment. The average for the last few years has amounted to from 400 to 450 patients per annum. The medical officers, who are well known for their courtesy and ability, are Dr. Hess, Dr. Besold, and Dr. Adolf Koch.¹ Dr. Dettweiler, the consulting physician, lives in Cronberg.

In the foregoing description I have been compelled to call attention to a few small blemishes in this historic and most valuable institution. That they have not greatly diminished its utility is evident from the statistics published of patients treated there (see p. 52), and from the high reputation which it enjoys. I have mentioned these defects both in the interests of accuracy and in the hope of strengthening the hands of the medical officers, who are always endeavouring to improve the institution, but have been hampered by exceptional difficulties in introducing some of the recent improvements. Falkenstein was for years the only sanatorium in western Germany for the rational treatment of consumptives, and has had a great influence in promoting the erection of other sanatoria, both in Germany and in other countries. For this reason, the names of Dettweiler and of Falkenstein will always be held in honour by practical physicians all over the world. To Dettweiler also belongs the credit of having brought about the erection of the neighbouring sanatorium for the poor, which was the first of its kind in Germany (see p. 253).

Falkenstein may be reached by carriage from Cronberg, which is the terminus of a short railway line from Frankfurt, and about forty minutes' journey from that city. The sanatorium can also be reached by carriage from Soden railway station.

THE HOHENHONNEF SANATORIUM

belongs to a company whose shares are held by the inhabitants of a large part of western Germany, and of even more distant parts. It was opened in October, 1892, under the

¹ Since resigned ; see p. 196.

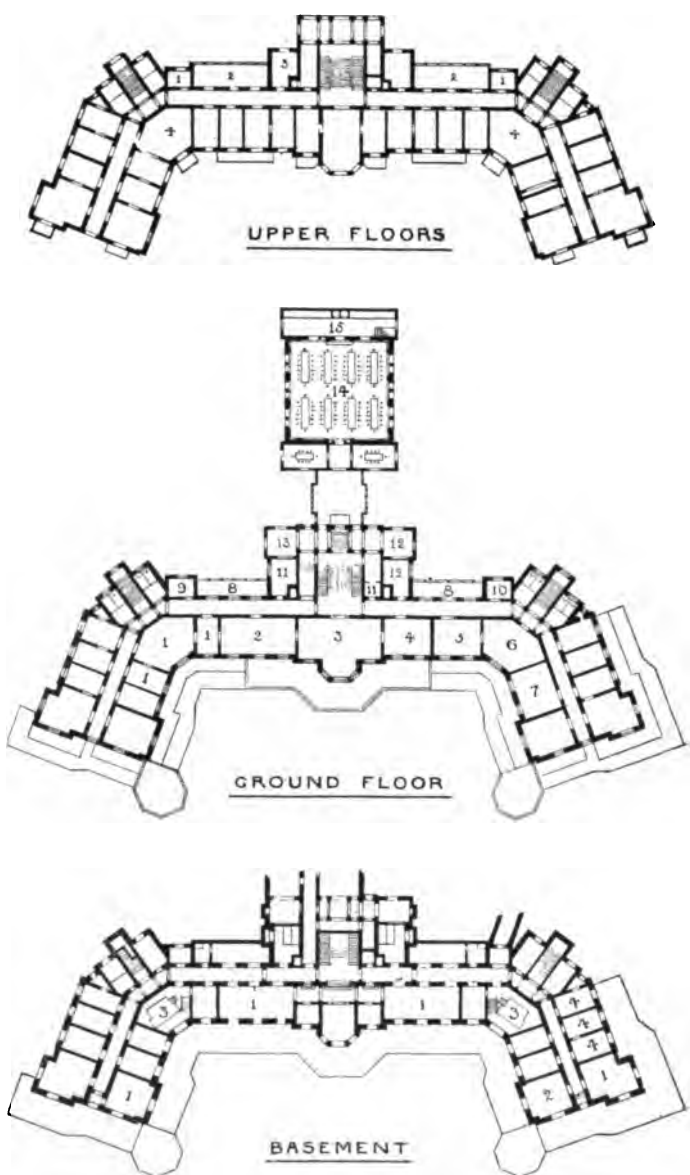


FIG. 21.—THE HOHENHONNEF SANATORIUM. [*Face page 183.*]

THE HOHENHONNEF SANATORIUM.

Basement :—

1. Cloakrooms.
2. Inhalation Room.
3. Heating Apparatus.
4. Douche Rooms.

Ground Floor :—

- | | |
|----------------------------------|------------------------|
| 1. Consulting and Waiting Rooms. | 8. Cloakrooms. |
| 2. Winter Garden. | 9. Servants' Room. |
| 3. Reception Room. | 10. Nurses' Room. |
| 4. Reading Room. | 11. Hairdressing Room. |
| 5. Ladies' Room. | 12. Office. |
| 6. Music Room. | 13. Post Office. |
| 7. Billiard Room. | 14. Dining Saloon. |
| 15. Serving Room. | |

Upper Floors :—

1. Nurses' Room.
2. Balcony.
3. Small Kitchen.
4. Rooms for Convalescents.



FIG. 22.—VIEW OF HOHENHONNEF SANATORIUM.

[Face page 188.]

auspices of Dr. Meissen, who was formerly one of Dr. Dettweiler's assistants, and is situated in the Siebengebirge, 236 metres (774 ft.) above the sea-level, and 158 metres (518 ft.) above the Rhine, in a beautifully wooded and picturesque district, with fine views of the distant Eiffel mountains and the Rhine valley. The climate of this district is mild and sunny, but is not so dry as that of central Germany. The soil is Lower Devonian, composed of hard rocks at a considerable angle, so that it remains very dry. The grounds cover about 40 hectares (98½ acres) of land, consisting partly of old and newly planted pine woods, partly of garden, partly of vineyards, and are continuous with a large extent of similar land on three sides.

The sanatorium, which is built of white stone and plaster, makes a very conspicuous landmark above the river side. It has a south-westerly aspect, and is well sheltered by higher hills (from 300 to 700 ft. higher) on the north and east, but is still somewhat exposed to south-westerly gales. However, these are not frequent, while the pine trees will in a few years afford better shelter.

The sanatorium consists of a five-storey building (figs. 21, 22), with two wings which diverge at a somewhat more open angle than those at Falkenstein. Owing to the slope of the hill, the basement is on the ground level in front, while the entrance behind is on a higher floor. The basement is occupied by cloak rooms, bath and douche and inhalation rooms, furnaces for heating the building, and a few bedrooms for visitors. On the same level, in front and round the eastern wing, is a deep verandah with cemented floor, which can be protected when necessary with glass, and part of which can be cooled in summer by streams of water on the roof. This is used as a fresh-air gallery, and is provided with cane lounge chairs, electric lights and bells, and small tables. Above it is an uncovered balcony. On the ground floor of the building are a series of intercommunicating handsome reception rooms, consulting rooms, laboratories, and drug rooms, as well as a few

bedrooms for patients, and near the entrance the bureau and post office. The upper floors contain patients' rooms in a single row along the centre, a double row in the wings. There are large balconies both front and back, the northerly ones being specially frequented in summer during the heat of the day. Bath rooms, water-closets, rooms for attendants and nurses, and a large room for convalescents, are found on all the upper floors, which are served by a lift for patients, as well as staircases. The patients' rooms are nearly all on the sunny side of the building, and are well ventilated. Each is 4 metres (13 ft.) high, and has large windows and a chimney; while none have less than 70 cubic metres (nearly 2500 cub. ft.) air space. The windows are double, for extra protection in stormy weather; the doors are also double, to prevent noise. Great care has been taken in constructing and arranging the sanatorium so as to facilitate thorough disinfection and cleansing without raising dust. Angles and corners are rounded, projecting cornices and mouldings avoided. The floors are made of "gypsdielen," consisting of bamboo and other light materials, incorporated with plaster of Paris, and are covered with linoleum or parquet. The walls are papered, as it is contended that this facilitates natural ventilation through their pores. Carpets, curtains, and the like, are sparingly used, and chosen of kinds which do not hold the dust and are readily cleaned. The furniture also is simply constructed but comfortable; leather-covered chairs, cane lounges, and the like. The whole building is heated with low-pressure hot-water pipes, which can be separately regulated in every room, and is lighted by electricity. Even the summer houses in the woods and the fresh-air galleries are provided with electric light and electric bells. The dining saloon—a large, handsome, well-lighted room—is situated in a detached block to the north, reached by a bridge from the first floor, and has no direct communication with the kitchen department and storage rooms beneath. The servants sleep in a separate building in the

wood behind the sanatorium. The water supply, which is excellent, comes from a deep well in the Asbach valley, about half a mile behind the institution, where also are found the steam laundry and disinfecter, and the engines for pumping and electric lighting. The sewage and waste water are carried into the Rhine after precipitation in settling tanks with turf and coke bottoms, the solid parts being mixed with peat and dried in sheds, and afterwards applied to the land. At high tide the waste water is made to irrigate a meadow. Kitchen refuse is buried with ashes. *Sputa* are received into Dettweiler's flasks and elegant coloured spittoons, which are disinfected with solution of 5 per cent. soft soap and 1 per cent. lysol. The linen is disinfected by steam. After each patient's departure, the walls are cleaned with bread crumb, which is then burnt.

In treatment, Dettweiler's methods are mainly adopted, with certain modifications—patients taking rest or exercise according to circumstances. There are now two fresh-air shelters in the woods, and a third is to be constructed. Some of the walks in the pine wood are very well sheltered, and the fresh-air galleries next the sanatorium can be used for both rest and exercise. One portion, indeed, can be warmed in winter or cooled in summer. There is little or no douching of patients, but rubbing with the wet sheet or with spirit is commonly adopted. The food is exceptionally good, five *meals* a day being provided. The milk is supplied from a model dairy farm belonging to one of the directors. Creosote, tuberculin, and other reputed specifics are not used. There are three male and three female nurses, one of each on each floor. A small Roman Catholic chapel is to be found in the grounds, where service is held once a fortnight. For Protestants, service is held once a fortnight in the ladies' saloon. There is a good library, and in other respects patients are well entertained and looked after. Concerts are held about once a fortnight.

Separate houses for the chief medical officer and the managing director have been recently built close to the

western wing. This has set free additional rooms in the sanatorium, so that there are now ninety beds, and very shortly there will be 109 beds in eighty-eight rooms, besides six private sitting rooms. During 1897, 798 patients were received, with 31,325 days of treatment.

The charges are from 66 to 91 marks per week, with a reduction in case of friends, servants, and children. The entrance fee is 15 marks, and another 6 marks are charged for disinfection and insurance. Beverages, baths, rubbing, douches, inhalations, laundry, table lamps in the bedroom, attendance at night, and meals in the bedrooms, are extra.

The medical director is Dr. E. Meissen, formerly Dr. Dettweiler's assistant. There are two assistant medical officers—Dr. Schröder and Dr. van Ysendyck. The *personnel* now number seventy-nine.

This is probably the most luxurious sanatorium for consumptives on the continent. There is, indeed, a little danger lest the internal comfort should tempt the patients to spend too much time indoors; but I saw no indications when I was there of such mistaken conduct, which is no doubt prevented by Dr. Meissen's watchful care. There are fewer facilities for uphill walks from the sanatorium than might be wished, and the shelter from certain winds is not yet sufficient; but in almost every respect it is a model establishment, marvellously complete in its details.

It may be reached by the right Rhine railway, taking carriage from Königswinter or Honnef; or by the left Rhine railway to Rolandseck, and thence by ferry to Honnef; or by steamer to Königswinter or Rolandseck. The institution is twenty minutes by road from Honnef, or forty from Königswinter.

THE LAUBBACH SANATORIUM.

About twenty-five minutes' walk southward from Coblenz, on the left bank of the Rhine, in a sheltered cleft surrounded on three sides by mountains, is situated an institution which was originally a hydropathic establishment.

but has been recently acquired by Dr. Achtermann (formerly medical director of the Brehmer sanatorium), and converted into a sanatorium for consumptives. About $8\frac{1}{2}$ hectares (21 acres) of land belong to the establishment, which are mostly wooded with deciduous trees, and touch the town woods of Coblenz. The well-known castle of Stolzenfels is a short distance off, and the pleasure gardens by the side of the Rhine are also close by. The soil is rocky, and in the sanatorium grounds is free from dust. Owing to its sheltered position the place is said to be 2° to 3° R. cooler in summer, and about as much warmer in winter, than the immediate neighbourhood. The climate resembles that of the Rhine valley generally, and is mild and moderately humid. The shelter against wind is extremely complete.

The sanatorium is 80 metres (262 ft.) above the sea-level, and some 20 or 30 above the Rhine. It has been a health resort since 1840, but was rebuilt in the eighties by Dr. Auerbeck. Passing up the avenue of chestnut trees which form the approach, we come to an open square with a few smaller trees in the centre and several large blocks of buildings to right and left. On the right is the bath house, with various hydropathic appliances, the office and consulting room, a winter garden, and two more large day rooms.

On the upper floor are thirteen patients' bedrooms. On the opposite side of the square is the main building, with fifty-four bedrooms on the upper floors, and a handsome lofty dining saloon on the ground floor, and near this a light and airy kitchen. The windows of the dining saloon are large; in front they look on to the open courtyard; at the back they are semi-opaque, to shut out the sight of the cliff. Touching the main building is the "doctor's house," which has fourteen patients' bedrooms, and in the basement a smaller dining saloon for the "first-class patients". Next this is a villa with seventeen bedrooms, and a little higher up in the grounds are two others with fifteen rooms, thus making a

total of 113 bedrooms available for patients. The rooms vary in size, but are all lofty, and average 80 cubic metres (2825 cub. ft.) air space. They are furnished and decorated in much the same style as the average hotel of the Rhine district, and are all single bedded. The buildings are heated by hot-water pipes and by closed stoves, and lighted by the Coblenz gas supply. The ventilation is by open windows; there is usually no chimney. The sewage is carried through the Laubbach into the Rhine. There is a chapel on the grounds; also several shelters for the fresh-air treatment, besides protected seats under the trees. The patients are well provided with means of amusement, as there are a billiard room and a bowling green, in addition to the library of books, etc.

The establishment is not entirely reserved for consumptives, as those in need of change of air are also admitted. No hopeless or advanced cases are accepted, but there are two sick nurses in the establishment in case of need.

Treatment is on the usual lines. Laryngeal, pharyngeal, and nasal complications are said to do better than in more elevated districts. The usual five *meals* a day are provided. The douche is freely used in all cases which are sufficiently robust. Wine and spirits are prescribed when advisable. No cod-liver oil or reputed specifics are employed. *Sputa* are received into Dettweiler's flasks; they are kept moist until they can be poured into the water-closet, but are not disinfected. Linen is boiled; walls purified by bread crumb, which is afterwards burnt.

The charges are 6 marks per day, including attendance, rubbings, douches and baths, and ordinary medical attendance. Rooms are 1.50 to 5 marks per diem. Another 2 marks per week are charged for the use of bedding, including the washing of bed linen; but patients may, if they prefer, bring their own. There is an entrance fee of 20 marks. Beverages are extra, and in winter 5 marks per week are charged for heating and lighting. Reductions are made for visitors, children, and attendants.

SECOND-CLASS PATIENTS

are also received into the sanatorium. Their food is somewhat simpler, but the treatment is otherwise the same. They pay an entrance fee of 12 marks, and 145 to 160 marks per month for board and lodging, including everything excepting beverages, medicines, and bedding. For the latter, 1.50 marks per week are charged. In winter, an addition is made of 3 marks for heating and lighting. There are reductions for visitors and attendants, as in the case of "first-class patients".

This sanatorium is at present in a state of transition, and will in (perhaps) the near future be considerably improved. Dr. Achtermann has been put to considerable expense in making the absolutely necessary alterations; but with his long experience at Görbersdorf to help him, he is sure to eventually bring the establishment into the first rank. The first- and second-class patients are lodged in separate buildings, but are close together. As already explained, they have separate dining saloons.

The nearest railway station is the Moselbahnhof at Coblenz.

with large windows back and front, linoleum-covered floor, and varnished panelled wooden walls. These windows are taken out of their frames during the warmer part of the year; those in front look out upon the road, those behind on the side of the hill. The dining saloon and a small ante-room with piano and library constitute all the common rooms in the sanatorium, so that there is every inducement for the patients to spend their time out of doors. The houses are not connected in any way, so that the road has to be used in going to and fro. The main building is situated on the slope of the opposite hill, some 20 or 30 feet higher than the dining saloon. It is a plain wooden building with a little turret at each end, consisting of a single row of bedrooms on the ground floor, with corridor at the back, and a similar set of rooms above. The main aspect is south-east, and the ends of the building retreat slightly to follow the convex face of the hill. The patients' bedrooms are not particularly large (3·5 metres \times 4·5, and 2·7 high, or 11 ft. 6 in. \times 14 ft. 9 in., and 8 ft. 10 high); but they have a relatively large window space amounting to about half the size of each room, and the windows and doors are permanently kept open. The walls and ceilings are entirely lined with plain varnished wood, which is revarnished whenever a patient leaves. The floors are covered with linoleum, which is washed down every morning. In one corner of each room is a shower bath or douche apparatus; in another is a plain iron bedstead with woollen bedclothes; and the remaining furniture is of lacquered wood or iron, and of equally simple character. There are no carpets or hangings. Hot and cold water are laid on for the douche and the washstand. The corridor is similarly built with pinewood panelling, which here is oiled. The windows of the corridor are opposite the bedroom doors. The water-closets, which are built out of the corridor, are provided with a good flush of water. Twenty patients can be accommodated in this building. The rest are lodged in other villas farther up the valley. Dr. Walther occupies one of these.

Another villa is occupied by eleven slight cases ; this is the only existing building in the sanatorium which has a common bath-room for the patients. In all essential respects, the other villas are constructed and furnished like the main building. There are no special ventilating contrivances. The lighting throughout the sanatorium is by electricity generated by a motor driven by water power ; all the rooms, too, have electric bells ; and one entire villa is heated by electricity. Elsewhere the sanatorium is heated by low-pressure steam pipes, which can be regulated for each building as a whole. Passages and closets are not separately warmed. There is a good and plentiful supply of drinking water from springs out of the sandstone rock. The sanatorium possesses its own farm of ten cows, which are fed on barley and hay only. The milk for cooking is, however, obtained elsewhere. I believe, though I unfortunately forgot to ask Dr. Walther about it, that he considers it unnecessary to test the cows with tuberculin. Patients have the milk fresh or boiled, whichever they prefer. There is a steam laundry in the sanatorium, and a mechanical refrigerator for meat and for ice. All meat is kept a fortnight before being used.

Some of the descriptions of Nordrach Colonie give rather a wrong impression of the place, as if it merely consisted of ordinary peasants' houses and were devoid of all comfort. No attempt is made, it is true, to provide more than ordinary comfort, or to rival the luxury and sumptuousness of a first-class modern hotel. But these are not at all necessary, and in some respects are misplaced in a sanatorium. The rooms, as far as I saw them, were exceedingly carefully and practically, though simply, fitted up, and were exquisitely clean and sweet, which is more than can be said of one or two other sanatoria that I have seen. Opinions may differ as to particular details of Dr. Walther's system of management, but for all that he does or omits he has excellent reasons to give.

Open-air treatment at all hours, weathers and seasons is

very rigidly enforced, extra wraps being provided in bad weather, but no other difference being made. Patients walk about in even rainy weather without any special protection. They take their own temperatures four times a day *in recto* as a guide to treatment. Dr. Walther regards all other methods as fallacious and misleading. Until for eight successive days the temperature has failed to reach 38° C. (100·4° F.) patients are kept absolutely at rest in bed with open windows. They are then permitted to take very gradually increasing exercise, mainly walking, never faster than two miles an hour, so as not to cause dyspnoea or disturb the circulation. The first walk may only consist of a few yards on level ground, followed by a long rest on a lounge chair in the open; afterwards shorter or longer uphill walks are prescribed, according to the progress made. Patients are encouraged to do without heavy overcoats and wraps while out walking, although they may wrap up as much as they like while resting. Not more than three or four are allowed to walk together, and visits from friends or relatives are discouraged. Even attendance at the little chapel at Nordrach is objected to, although there is no regular service in the institution. Dr. Walther believes weather and season to be of no importance, and does not even take meteorological observations. Nor are any special precautions adopted against draughts. As he himself told me, patients live in a thorough draught from the first moment of their arrival, with absolutely no bad effects, although no attempts are made to "harden them" against catching cold. Hydrotherapy is not systematically employed with this object, but patients bathe or douche themselves with hot or cold water, very much as their own instinct leads them, and in clothing are also allowed to please themselves within certain limits. They rest every day for an hour before the mid-day and evening meals.

Several inaccurate accounts have been given concerning the *diet* at Nordrach, even by presumably trustworthy observers, and Dr. Walther was at some pains to correct these

inaccuracies. Three meals a day are provided, at 8:30 A.M., at 1 and at 7 P.M. The breakfast consists of coffee, bread and butter, and cold meat of some kind. Dinner includes two hot courses of meat, or fish and meat, with plenty of potatoes and green vegetables, and sauces containing butter. Following this are pastry, farinaceous pudding, fruit or ice cream, with coffee to finish. Supper consists of one hot and one cold course, together with tea. Milk is added to the dietary until the patient's weight has reached a reasonable standard, never more than a half-litre being given with each meal. The meals are taken in the presence of the doctor, who encourages the patient to finish what is given him, and eat a reasonable quantity of every kind of food provided. The stories about patients being compelled after vomiting to begin their dinners over again against their will are inaccurate. So also are the statements as to enormous quantities of meat or food generally being given. The proportion of nitrogenous food given is if anything less than usual; and no attempt is made to emulate Debove and others of the same school in hyper-alimentation. The quantity is regulated so as to produce a steady gain in weight during the earlier weeks of about one lb. per week. Under this regime dyspepsia is said not to be common, and soon to disappear, if present, with improving nutrition and strength. The use of alcohol is kept down to a minimum, without any absolute prohibition.

Drugs are but little used, cod-liver oil, creosote and reputed specifics not being employed. *Sputa* are disinfected with liquor potassæ, and then poured down the water-closet. Each patient has his own Dettweiler's flask for the pocket and a spitcup in his bedroom, and spitting elsewhere is strictly forbidden. Linen is disinfected by boiling; the rooms by washing and airing and revarnishing. There are practically no amusements, excepting walking, reading, and occasionally a little music. Light literature is permitted, but business communications or work of any kind are forbidden.

Monthly examinations are made of the lungs and expectoration. When after about twenty examinations no bacilli are found in the sputa, and when after injection of one c.c. of the sputum into a guinea pig tuberculosis does not appear within three to six weeks, the patient is considered fit to return home, and to undertake moderate regular work.

Dr. C. Reinhardt writes:¹ "All nationalities seem to be represented, the whole company presenting a lively, well-dressed, and happy appearance. I spoke with many patients . . . and did not find one who had not gained in weight or who had suffered from dyspepsia or nasal catarrh after the first month. Every case had experienced improvement, and several were apparently cured. The friend of mine, a medical man, whose cure had first directed my attention to the place, remains well and is in active pursuit of his profession, although, before his visit to Nordrach, he had been in an advanced phthisical condition, with a large cavity in the right apex and much general emaciation, whilst his sputa had teemed with bacilli."

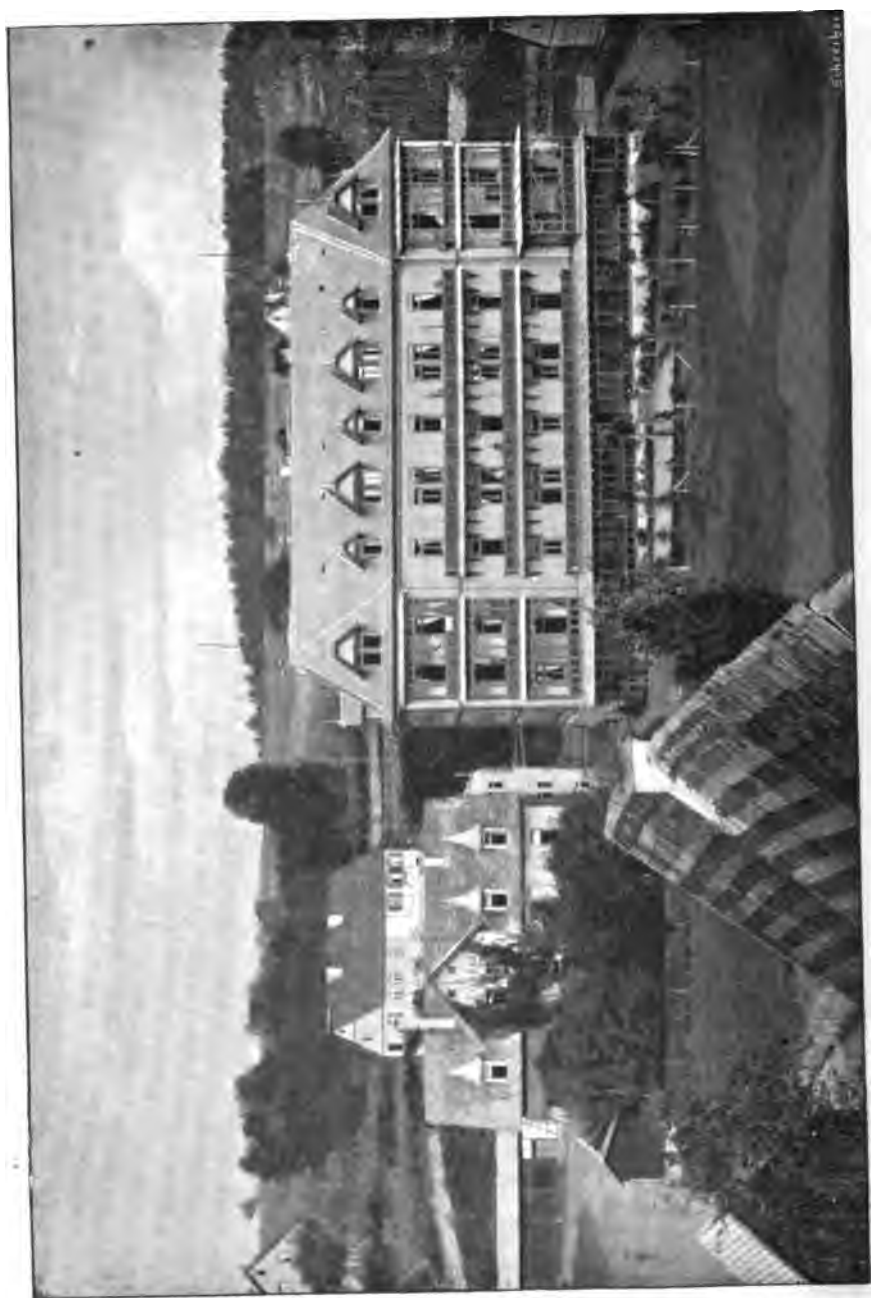
The charges, which include everything excepting washing, alcoholic drinks, and the services of a special nurse, amount to 10 marks per diem; friends pay 7 marks. There are arrangements for the schooling of children during their stay. Dr. Walther is aided in his work by an assistant.

The place is nine miles from Biberach-Zell, and ten miles from Gengenbach, on the Black Forest Railway, whence it may be reached by carriage.

THE SCHÖMBERG SANATORIUM

is situated in Würtemberg, in the northern part of the Black Forest, south-east of Pforzheim, and not very far from Wildbad. A convalescent home was erected here in 1888 by Herr Römpler, which, being much frequented by consumptives, was converted in 1890 into a sanatorium exclusively for such patients, and placed under the care of

¹ *British Medical Journal*, 7th August, 1897.



[Over page 197.]

FIG. 23. - VIEW OF SCHÖNBÜHL SANATORIUM.

Dr. Baudach. It is now under the medical direction of Dr. Adolf Koch, formerly of Falkenstein, Dr. Baudach having resigned. There were originally only twenty-five beds; but in 1893 a large three-storey building was erected, with forty beds, when the older building was utilised for the reception of less wealthy patients (see p. 260).

The village of Schömberg lies in a valley on the mountain crest, between the Enzthal and the Nagoldthal, at an altitude of 650 metres (2130 feet) above the sea-level, and surrounded by pine-clad heights to the north, east and west. The sanatorium is on the southern slope of a hill in the midst of the village, but in a fairly open situation. It has about $1\frac{1}{2}$ hectares ($3\frac{1}{2}$ acres) of ground, partly laid out as a garden. The paths all lead uphill towards the woods, which are distant about ten minutes' walk. The soil is of porous sandstone, as in other parts of the Black Forest; the climate in summer cool and pleasant, without excessive evening fall of temperature, and in winter is for the most part sunny, the snow remaining the whole season on the ground.

The building (fig. 23) has a south-south-east aspect, all the patients' rooms being on the south side. It is of oblong form, with a deep verandah along the front, and balconies to every other floor but the uppermost. In the basement there are a douche room, a large steam disinfector, laundry, kitchen and central heating apparatus for low-pressure steam pipes. The ground floor contains the dining hall and other assembly rooms, such as the reading room, billiard room, and ladies' room. The largest of these contain respectively 250 and 320 cubic metres (8825 and 11,300 cub. ft.) air space. On the upper floors are the bedrooms, and on each floor a bath room and servant's room. The rooms have an average capacity of 60 to 80 cubic metres (2120 to 2820 cub. ft.); their walls are oil-painted for $1\frac{1}{2}$ metres from the ground near the beds, colour-washed elsewhere. They are ventilated by air shafts, and by open upper hinged window panes, and decorated simply but comfortably. The heating is by low-pressure steam; the lighting partly by benzine incandes-

cent lights or petroleum, partly by means of candles. There is a good water supply. The water-closets lead into settling tanks.

The treatment is much as at Falkenstein, with a large proportion of rest in the open air. Besides the fresh-air verandah, which is intended mainly for those whose rooms have no balcony, there are several shelters in the grounds, in one of which, on the edge of the wood, patients can obtain milk, and enjoy a beautiful view of the surrounding country. There are five *meals* per day, in addition to milk before bed time. The douche and cold rubbing are frequently used; cod-liver oil if desired; "specifics" are not administered. *Sputa* are received into water but not disinfected; linen is purified by current steam; rooms with creolin and formalin. Only one patient sleeps in each room. There are one male and one female nurse; besides which nursing sisters are obtainable in case of need. The general management is in the hands of Herr Römpler, himself an example of recovery from pulmonary disease. The medical director, Dr. Koch, who lives in another house close by, is assisted by Dr. Wehmer, formerly at Görbersdorf. The latter lives in the sanatorium.

A good library, piano, croquet and other games are provided for the patients. There is a Protestant service in the village church; no Roman Catholic service is available. The charges are from 32½ to 57 marks per week, in addition to 5 marks for the first consultation, 1.50 for attendance, 1 mark for the bath attendant, and extra for beverages, douches, baths and drugs. The usual reductions are made for friends, servants and children.

Schömberg is a telegraph station, and is on the telephone. It may be reached by carriage in 1½ hours from Liebenzell (on the line from Pforzheim to Calw), or from Höfen (on the Wildbad line). Heavy luggage comes *viâ* Höfen. Pforzheim is not far from Carlsruhe.

There is accommodation in the old and new Curhaus together for 140 patients (see p. 260). The average number

of patients treated during the four years 1893-96 was 358, with 10,324 days of treatment (Hohe, *Die Bekämpfung und Heilung der Lungenschwindsucht*, Munich, 1897).

DR. SANDER'S SANATORIUM,

in St. Blasien (Baden), was founded by Dr. Haufe, in 1878, but has been since 1895 under the management of Dr. Albert Sander.

St. Blasien is an ancient and picturesque little town in the valley of the Alb, in the southern portion of the Black Forest, famous for its eleventh century cloisters and church, and boasting of a flourishing kursaal and hydropathic establishment. The district is on primary rocks, and possesses an equable climate, with fairly cool summers and mild winters. The town itself, however, is somewhat shut in, as, notwithstanding its elevation above the sea-level (800 metres, or over 2600 ft.), it is surrounded on all sides by mountains, one of which—the Feldberg—is the highest peak in the district, and rises to a height of 4900 feet. This circumstance renders the place unpleasantly hot in the height of summer, although in winter it is probably much more agreeable. The drainage is also somewhat primitive, and spoils the charm of what would otherwise be at certain seasons a most desirable health resort.

Dr. Sander's sanatorium is at the western end of the town, on the pine-clad valley side, a little raised above the main road, and nearly 100 feet above the lowest part of the town. It has a southerly aspect, and consists of three separate buildings, united by a glass verandah 70 metres long, and provided with terraces, balconies, and other verandahs for rest in the open air. Behind it rises the forest, which is traversed with paths and has a large shelter among the pine trees, for use in bad weather. The old building has kitchen and disinfecting apparatus in the basement, two dining rooms, several assembly rooms, waiting and consulting rooms and the office on the ground floor; and, above this, two floors with twenty-six bedrooms for

patients. The new villa has fourteen patients' rooms, as well as those for Dr. and Mrs. Sander and family. Additional accommodation can be obtained in a third building touching the sanatorium, but belonging to a different owner. The rooms are four metres (13 ft.) high, and are comfortably furnished, with papered walls, parquet floors, and linoleum in the corridors. Carpets are only used as strips by the bedside. The sofas and stuffed chairs have washable covers, and the curtains are also washable. The common rooms have air shafts for ventilation; the bedroom windows have ventilating panes above, which can be separately opened. There are bath-rooms and covered verandahs on every floor, and lifts for wood and food. The heating is mainly by means of tiled stoves, in which beechwood is exclusively burnt. The corridors and staircases have regulating anthracite stoves, the closets being also warmed. The latter are mostly of a new pattern, but are connected with cesspools. However St. Blasien is now being sewered, so that the sanatorium will in due course profit by the sanitary improvement. The whole establishment, including the "liegehalle," is electrically lighted. The well-kept garden is directly continuous with the pine wood behind the sanatorium. There are two bridges from the second floor of the building, leading directly into the woods.

Treatment is by the usual methods. Patients are kept indoors when the thermometer falls below -7° C. *Sputa* are collected in elegant spittoons and disinfected by three per cent. solution of lysol. Patients' linen is washed in the town. There are five *meals* a day. There is plenty of amusement for the patients, both in the establishment and (during the season) in the town. Indeed Dr. Léon Petit rightly regards the proximity of the kursaal as a serious drawback to the treatment. There is at present no douche room in the sanatorium, so that patients have at times been sent to that in the town. But this defect will probably soon be remedied. There are Protestant and Roman Catholic churches in St. Blasien.

The charges are from 68½ to 82½ marks per week. Wood for the bedroom stoves is extra, as well as beverages and an entrance fee of 10 marks.

There is accommodation for over sixty patients, fifty-one in the old and new buildings, and eleven in the *dépendance*. The average number of patients treated during the five years 1892-96 was 133, with 11,802 days of treatment. Patients are admitted at all stages, and stay from four to fourteen months. An assistant physician helps Dr. Sander in his duties.

The place is not very convenient of access, as it is distant 26 kilom. (16 miles) from Albbbruck on the line from Basel to Constance, and 30 kilom. (over 18 miles) from Titisee on the Höllenthal Railway (Freiburg to Neustadt). This necessitates a drive of about four hours by omnibus or carriage.

Many of the foregoing particulars have been obtained from Hohe's book,¹ as Dr. Sander was unfortunately absent at the time of my visit, and I was unable to wait for his return.

DR. LEISER'S SANATORIUM.

It is stated by Möller,² Léon Petit,³ and Kuthy,⁴ that a sanatorium for consumptives exists at Badenweiler. Léon Petit refers to it as rather a boarding-house or convalescent home, where those in need of change of air, as well as early stage consumptives, are received. Both he and Möller state that it was to be rebuilt and replaced by a larger establishment; and Kuthy, who gives a fuller description, and states that it is under the care of Dr. Leiser, also mentions the projected rebuilding. I was unable to find such an establishment at Badenweiler itself, but was told of one being built five or six miles farther east, at Marzell, on the Blauen, which time did not permit me to visit.

¹ *Loc. cit.*

² *Les Sanatoria pour le traitement de la Phtisie Pulmonaire.* Brussels, 1894.

³ *Loc. cit.*

⁴ *Loc. cit.*

societies, with the Empress as its patron and the Imperial Chancellor as president. It publishes a sheet once a month (*Heilstätten Correspondenz*), edited by Dr. Pannwitz. A permanent committee for combating tuberculosis is also being appointed by the German Society of Naturalists and Surgeons.

Speaking in 1895 at the meeting of the German National Health Society, Prof. v. Leyden stated that there were in Germany only two sanatoria and two small houses where the poorer class of consumptives could be received for hygienic treatment. At the present time, however, there are nearly thirty already built, or approaching completion, while a number of others have been projected. This rapid progress has been mainly owing to the law enforcing compulsory insurance against sickness and old age on all whose annual income is under £150 per annum. This Act, which was passed in 1889, contains a clause permitting any sickness insurance society to devote part of its funds to the treatment of the sick in lieu of sick pay, and under this clause large sums of money have been expended in the erection and maintenance of sanatoria for the hygienic treatment of consumption. Within two years of the passing of the Act there were in Germany 11,200,000 persons insured against sickness and old age, and the various societies had collectively a capital of 162,850,000 marks. It has been estimated that half of the applications for sick pay between the ages of twenty and twenty-nine among the insuring classes in Germany are because of tuberculosis, so that it is not surprising to learn that in 1897 out of thirty-seven different sickness insurance and friendly societies, thirty-three had spent more or less of their funds on the hygienic treatment of consumptives. Altogether 4480 such patients were assisted by these societies in 1897, and of this number 4432 were treated in sanatoria or country colonies. In one way or another about 1,300,000 marks were invested in sanatoria during 1897 by these thirty-three societies; and for this year (1898) between three and four million marks have

been set aside for the same purpose. In some cases money has been advanced on mortgage, in others the whole cost of erection has been borne by the society.

Gebhard, the director of the Hanseatic Sickness and Old Age Insurance Co., proved that if, out of 500 consumptives, 140 could be so far restored as to do without sick pay for a year, this would recoup the company for the cost of treatment in a sanatorium, or for the erection and maintenance of one of its own. This Hanseatic Insurance Co. is now one of several which possess sanatoria of their own. As a rule, the first step has been to send such consumptive patients to a suitable country village for treatment, or to pay for them at an existing sanatorium. After a while, when the numbers warranted such a step, the right to a number of beds has been purchased, or a private sanatorium erected by the company. Local societies for the erection of sanatoria have usually begun by spending part of the interest on money subscribed in maintaining a few patients at one of the various sanatoria, while the rest of the interest was added to the principal until such time as the funds were sufficient for the erection of a fresh sanatorium.

The popular sanatoria which have already been erected are for the most part described in the following chapters. A number of others, however, have been projected. Every large town, in fact, and every district of Germany now has its local sanatorium society, and often already its own sanatorium.

In the following tables the German popular sanatoria have been placed for the sake of convenience in two groups, one including eastern and central Germany, the other western and southern Germany. In the description which follows, a geographical order has been adopted which roughly corresponds with that in the chapters on private sanatoria.

GERMAN SANATORIA FOR THE PEOPLE.

EASTERN AND CENTRAL GERMANY.

		Feet.	Beds.
Görbersdorf, Krankenhaus	Silesia	1840	180
Loalau	"	984	87 (100)
(Oberkaufungen for Cassel)	"	?	? 100
(Beelitz)	? Brandenburg	?	? 100
(Belzig)	"	?	80-90
(Bleichröder, Belzig)	"	?	30
Blankenfelde	"	?	60
Grabowsee	"	125	80 (160)
Malchow	"	102	86
(Stettin)	? Pomerania	?	80
Albertsberg	Saxony	2300	122
(Plauen)	"	2130	?
Jonsdorf, Conval. Home	"	?	33
Oderberg	Harz	2100	115-120
St. Andreasberg, Felixstift	"	?	90
Stiege, Albrechtshaus	"	1380	58
(Stiege, Marienheim)	"	1350	20
(Sülzhayn)	"	? 1600	120
Altenbrak Colony	"	? 1300	?
Königsberg, Conval. Home	"	1470	? 36
Zellerfeld	"	1800	40
(Berka Emskopf)	Thuringia	?	abt. 80
(Manebach)	"	1720	?
(Erfurt, Johanniter)	"	?	?

NORTH-WEST AND SOUTH-WEST GERMANY.

		Feet.	Beds.
Rehburg (Bremen San.)	Hanover	? 320	30
Altena	Westphalia	1380	100
Honnef, Philomenen	Rhenish Prussia	? 260	?
(Dusseldorf)	"	?	?
Ruppertshain	"	1300	88
(Höchst am Rh.)	"	?	120
Dannenfels	Palatinate	1300	18
(Speyer, Albersweiler)	"	1250	?
(Worms, Felsberg)	"	?	?
(Saarbrücken, St. Arnual).	Alsace-Lorraine	?	?
(Metz)	"	?	?
(Würzburg, Lohr)	Bavaria		30
(Nuremberg, Engelthal)	"		60-100
(Planegg-Krailling)	"		114
(Harlaching)	"		200 (350)
Stuttgart, Neustädtele	Wurtemberg	?	?
Schömberg, Colony	"	2130	60-65
Arlen	Baden	1380	16
(Marzell)	"	2750	108

SEASIDE SANATORIA FOR CHILDREN.

The society for the erection of seaside sanatoria has been established for about eighteen years. It has four sanatoria : at Norderney (*Kaiserin Friedrich Hospiz*), at Wyk on the island Föhr, at Zoppot near Dantzig, and at Gross Müritz on the Mecklenburg coast. The Norderney Hospiz is the largest, and received as many as 149 visitors in 1894. These sanatoria are not specially for consumptives, and resemble our own convalescent homes.¹

¹ *Brit. Med. Jour.*, 1st June, 1895.

CHAPTER XXXIII.

SANATORIA FOR THE PEOPLE IN EASTERN GERMANY.

ALTHOUGH Silesia was the original home of the Brehmer system of treatment, few sanatoria for the poor have been erected in Eastern Germany. A large open colony exists at Görbersdorf under Dr. Weicker, the proprietor of the Countess v. Pückler's sanatorium for paying patients (see p. 157). Another open health resort or colony for consumptives may be found at Wölfelsgrund, south of Glatz, near the Schneeberg; and this year a closed sanatorium for the poor has been opened at Loslau.

It is stated that in Silesia alone, out of 140,000 deaths per annum, about 11,000 are caused by consumption; so that the supply of sanatoria for the poor is evidently insufficient. A meeting was held this year at Breslau, with Count Hatzfeld in the chair, at which the erection of such a sanatorium for Silesia was decided upon; and a site is being sought in the Riesen and Eulen Gebirge. Quite recently a legacy of 30,000 marks has been left by a lady for the same purpose. A legacy has also been left for the erection of a sanatorium of 100 beds at Oberkaufungen for the *Vaterländische Frauenverein* at Cassel. Dr. Osius will be the medical officer.

In East Prussia a similar scheme has been originated by the local medical association; and at Dantzig, in West Prussia, money is also being collected for a sanatorium.

DR. WEICKER'S KRANKENHEIM,

at Görbersdorf, is not a "closed sanatorium," but consists of a number of separate houses in the village, devoted since 1894 to the treatment of consumptive patients of the poorer classes. Only one of these—the so-called doctor's house—belongs to Countess v. Pückler's bequest (see p. 157), and is occupied by an assistant physician under Dr. Weicker, having been altered to suit modern requirements. This house contains the kitchen, dining rooms, and administrative rooms, as well as beds for those who may be attacked by intercurrent ailments. The other houses contain each a common room, in addition to bedrooms for the patients. Men and women are separately lodged, and have separate collective dining rooms; the women occupying eighty beds in three houses. Nearly all of the villas have balconies; but there are also three large sun galleries for common use. Many of the houses were built in Brehmer's time for a better class of patients, but have nothing very unusual in their mode of construction. Others are ordinary village houses altered to suit their new functions. In every case a garden surrounds the house. The rooms are described by Hohe¹ as being lofty and cheerful. The dining-rooms are on the south side. Walls are colour-washed or oil-painted. Windows have washable blinds. The heating is by means of porcelain closed stoves. Most of the bedrooms contain each two to three beds, some being single bedded. The beds are of iron, on wire mattresses, and provided with over-mattresses. The bedding is of wool, changed every week or fortnight. Every patient has his own wooden washstand without drawers. *Spittoons* of hour-glass shape are provided in the common rooms, placed on shelves at a convenient height, and none in the corners. In the bedrooms it was found unsafe to use these, as patients amused themselves in aiming at them from a distance, so that only

¹ *Die Bekämpfung und Heilung der Lungenschwindsucht*, Munich, 1897.

spitcups are used there which must be taken up in the hand. Both kinds are partly filled with lysol solution. In addition to this, every patient receives on arrival a portable spitting flask as well as a thermometer; and the usual strict rules are adopted concerning random spitting or the use of handkerchiefs.

There are at present altogether 180 beds for patients. The increase in the numbers frequenting the *Krankenheim* is very remarkable, only twelve patients having been treated in 1894 and 510 in 1897: Patients agree to stay at least six weeks and usually remain twelve or thirteen. The payment is 26 marks per week in summer, 28 in winter. The majority are sent by the Insurance Companies and Benefit Societies, comparatively few paying directly for themselves. The men are under a house physician, with two or at times three male nurses (*Kraschnitzer diakonen*); the women have a separate house physician, sister and female nurse. In addition to this, one patient in each house is chosen by the rest to act as *Obmann*. He has to take the temperatures every morning and evening (in the mouth), to see that rules are kept, and to report any breach of discipline or any complaint, which must be made in writing. The *Obmänner* collectively meet Dr. Weicker every Sunday, to report progress and make or receive suggestions.

The open-air treatment is carried out in the usual manner, excepting that the lounges are collapsible iron ones;¹ and that, owing to the situation of the sanatorium, the patients have to use the public roads on their way to the woods. Patients use the same woods as those of the private sanatorium at Schmidtsdorf (see p. 157). The patients' beds are numbered, and each number entitles the occupier to three hours' rest in the fresh-air gallery, according to a pre-arranged list, thus preventing any clashing. Where longer rest is needed, the patient receives additional numbers.

¹ Described by Beaulavon, *Contrib. à l'étude du traitement de la Tuberculose pulmonaire dans les Sanatoria*. Paris, Bataille & Co.

In winter each patient receives two earthenware hot bottles, which he fills himself. The day begins early, breakfast being at 7 A.M. in summer, 7.30 in winter. The second breakfast is at 10 A.M., dinner at 1 P.M., another meal at 4, and supper at 7. The food is varied as much as possible, although difficulties are found owing to the daintiness of patients and the restricted dietary of the average German working class household. Patients of this class, it is said, will not touch fowl, game or fish, and often object to beef, as well as to a number of dishes commonly used in middle class households. Much butter and milk are used at the sanatorium, the proportions of albumen, fats and carbohydrates in the dietary being calculated for 121, 104, and 400 grms. respectively. The midday dinner consists of soup, one course of hot meat, two vegetables, and fresh or cooked fruit; the supper of soup, one course of meat (hot or cold), and potatoes. The whole number of patients are brought together once a week to be weighed, and this occasions much friendly rivalry. The weight of the naked body is carefully estimated on entry and on leaving.

It has not been found practicable to let the patients do any work, as their capacity for work is very unequal, and yet each wishes to do like his neighbour; moreover, in case of hæmoptysis or other complication, the physician is blamed for letting them work. Contrary to the experience of some other directors of sanatoria for the people, Dr. Weicker has not found the women any more easy to manage than the men. To occupy the patients, as well as to aid their recovery, systematic bathing exercises are prescribed; courses of instruction in wood-carving, shorthand, etc., have also been begun and no evil results have so far been observed. Rubbing, baths and douches are prescribed in much the same way as at Dr. Weicker's private sanatorium.

Dr. Weicker and the senior resident medical officer are responsible for the whole conduct of the establishment, both in medical and in other matters.

The results of treatment have been very satisfactory. Out of 395 patients who left in 1897 with 30,245 days of treatment, 76·5 per cent. were restored to their full and 12 per cent. more to conditional working capacity.

For climate and other details, see also the description of Dr. Weicker's private sanatorium, p. 157 and also p. 150.

THE LOSLAU SANATORIUM

was opened in July, 1898, by the *Heilstätten-verein für Lungenkranke* for the district of Oppeln in Silesia, under the presidency of Regierungsrat Dr. Roth. It is a closed establishment exclusively for consumptives of the male sex belonging to the less wealthy classes, such as artisans, clerks, shopkeepers, teachers and the like. Arrangements have been made with the Silesian Insurance Society at Breslau to receive their clients in case of need.

The sanatorium stands at an altitude of 300 metres (984 feet), in 94 hectares (232 acres) of land, of which 91 hectares are pine woods. Touching the grounds is a large forest, the use of which is secured by contract. The building has a southerly aspect, and is sheltered from wind to the north, north-east and north-west. It is a somewhat plain-looking structure of wood and iron, with a long fresh-air gallery on the south side in front of the basement, above which are a ground floor and two upper floors. It has a large dining saloon and day room, balconies to the upper floors, and bedrooms to accommodate respectively one, two, three, and four patients each. The cubic space allowed in these amounts to 48 cubic metres (1695 cubic feet) per head, the ventilation being effected by open windows and air shafts. The walls are coated with enamel paint to a height of 2 metres (6 feet 7 inches), and above this are colour-washed. The floors are of cement, covered with linoleum. The building is warmed by warm-water pipes, and lighted by electricity. *Sputa* are received indoors into spittoons containing water; out of doors handkerchiefs are used and placed in tin boxes on entering the house. Linen is puri-

fied by boiling ; rooms by simply washing and airing. The douche is employed in suitable cases, but no cod-liver oil, alcohol or internal remedies.

There is room at present for eighty-seven, but there will be accommodation for 100 when a separate doctor's house is built.

None but early cases are received. Patients remain about three months, and pay 3 marks per diem.

The chief medical officer is Dr. Georg Liebe, to whom I am indebted for much useful information. It is stated that he will take charge of the Manebach Sanatorium when this is ready.

CHAPTER XXXIV.

SANATORIA FOR THE PEOPLE IN BRANDENBURG, MECKLENBURG, AND POMERANIA.

MOST of the sanatoria in this section are but little raised above the sea-level. Two of them (Malchow and Blankenfelde) might be regarded as homes rather than sanatoria for consumptives, as their position and arrangements are not very suitable for the fresh-air treatment. To this section belong the sanatorium at Grabowsee, the one being built at Belzig by the Berlin-Brandenburg Society, with its neighbour of the Bleichröder Stiftung, and the one which is being erected by the Berlin Insurance Co. at Beelitz. The Brandenburg Insurance Co. also proposes to erect a sanatorium for women at Kottbus, where the authorities have unanimously agreed to give the land in the municipal forest free of charge.¹ The Stettin Sanatorium Society will probably build a sanatorium at Höckendorf.²

THE BEELITZ SANATORIUM.

The Berlin *Invaliditäts und Alters Versicherungs Verein* has purchased 140 hectares (346 acres) of land at Beelitz, for the erection of sanatoria, convalescent homes, etc., at an estimated cost of six million marks. The land is cut through by the Wetzlar Railway, on one side of which will be a sanatorium for consumptives; on the other, similar establishments for those who are suffering from other ailments. There are to be twenty-six separate houses, with a total of 550 beds,³ of which about 100 will be for the sanatorium.

¹ *Das Rothe Kreuz*, 1897, No. 20. ² *Heilst. Corr.*, Mar., 1898.

³ *Das Rothe Kreuz*, Aug., 1898.

THE BELZIG SANATORIUM.

A large sanatorium for semi-necessitous patients is being erected under the auspices of the Berlin-Brandenburg Society, at Belzig in Brandenburg, about an hour and a half by rail from Berlin. The land acquired covers $1\frac{1}{2}$ hectares (4 acres). The building, of which the foundation stone was laid in August, 1898, is expected to be completed in about twelve or fifteen months, at an estimated cost of 540,000 marks. The main building is to be 150 metres long, with two wings of 100 metres each, and will accommodate eighty to ninety patients. Dr. Itzerott is to be the medical director.

THE BLEICHRÖDER SANATORIUM.

In the same grounds as the preceding a separate building for thirty beds is to be erected with funds left by the late banker, Herr v. Bleichröder, and this will be affiliated to the Belzig Sanatorium. The Bleichröder legacy was originally left for the treatment of consumptives by tuberculin; but, in consequence of an appeal, the conversion to a sanatorium for hygienic treatment has been permitted by the authorities.¹

THE BLANKENFELDE SANATORIUM

was originally a lying-in institution, which, being empty in 1892 at the time of the tuberculin craze, was converted into a women's sanatorium for consumptives. It has since then been gradually changed into a home for the reception of patients with various forms of chest disease. It is situated not far from Berlin, and has sixty beds. In 1896, 239 cases of consumption were received, and twenty-nine cases of bronchitis and emphysema, with 13,154 days of treatment, or an average of forty-nine days' stay. The total cost is 3·35 marks per day. Dr. Ellerhorst is the chief medical officer.²

¹ Liebe, *Hyg. Rundsch.*, 1st Nov., 1897.

² *Ibid.*, 1895, No. 17.

THE GRABOWSEE SANATORIUM

is situated in the midst of a pine wood on a hill near the Grabowsee, and is about 6 km. (nearly 4 miles) from Oranienburg, and about 18 miles north of Berlin. It was opened on 25th April, 1896, being the first sanatorium erected by the Red Cross Society, through the initiative of Geheimerat Dr. Gerhardt, who acts as consulting physician to the sanatorium, and examines intending visitors at the Charité Hospital in Berlin. The site covers 10 hectares (24 acres) of land, lying about 38 metres (125 feet) above the sea-level, on diluvial sandy soil, in a neighbourhood free from industrial smoke, noise and dust. The land has been obtained on a long lease at a yearly rental of 50 marks.

The sanatorium is intended exclusively for consumptive men who are likely to show decided improvement under treatment, and who are free from infectious or disgusting ailments. Three certificates are expected, one of which shows the name, age, place of residence, and name of insurance company or benefit society concerned; the second is a medical certificate of fitness; the third a guarantee as to payment. Patients are requested to bring a change of clothes, including underlinen, good socks and boots, comb and toothbrush, goloshes, umbrella, and if convenient sleeping jackets, slippers and the like. In case of need the institution will lend some of these articles, upon guarantee from the sick fund or benefit society. Bed and bedding are provided by the institution, which also supplies handkerchiefs, and washes the linen free of cost. The charge is 3 marks per day, payable for ten days in advance in the case of private patients, monthly in the case of insurance societies. The daily cost is said to be 2·47 marks. Although primarily intended for the working classes, Kuthy¹ states that shopkeepers are beginning to insure beds for themselves in the institution. A committee of ladies has been formed to look after the families of the poorer patients.

¹ *Loc. cit.*

There are three free beds, one of which is the gift of the Empress.

The sanatorium consists of over two dozen buildings, most of which are light shelters (*Döckersche baracken*), with double paper walls, similar to those used in the army. When the sanatorium was first opened the patients were exclusively accommodated in these *baracken*, but as time went on a few more substantial structures were erected. There are at present some eighteen or more of these light shelters in use, one of which is utilised as a chapel, another as a storehouse, another as the medical officer's residence, another as a workshop, while the rest are summer sleeping quarters for the patients, or (with one side removed) are used as fresh-air shelters (*liegehallen*). They are exceedingly light and portable, being entirely of wood and linen-backed paper, everywhere covered with oil paint. The windows are threefold, the floors a wooden framework which may be covered with linoleum. Windows in the peak of the roof, and ventilators round the stove pipe, with open windows, ensure abundant ventilation. These *baracken* are made of various sizes. In this sanatorium they accommodate eight patients each, and are furnished with beds, long lounge chairs, a table, pedestals, washstand and stove. Ordinary tents were found to be far inferior to these structures.¹

The remaining structures consist of an administrative block, two winter pavilions, laundry and disinfecting apparatus, and the gas making and storing apparatus. The administrative block, solidly built of timber, contains the kitchen, scullery, larder, serving room, dining saloon, office and library, quarters for one of the assistant medical officers in one wing, and for the sisters and female servants in the other. The kitchen contains a roaster, meat boiler and milk boiler over a water bath. The dining saloon is a large room, covering 127·19 square metres (1370 sq. ft.). In front of this building is a large fresh-air gallery. One

¹ Made by Christoph and Unmack, of Niesky, N. Lausitz.

Malchow, about 80 miles north-west of Berlin, in the midst of meadows and irrigation fields, on sandy soil, 31 metres (102 feet) above the sea-level. For shelter against winds, which is very inadequate, it is dependent upon the trees in the park, which covers $3\frac{1}{2}$ acres of land.

The building is a long low unpretentious brick building with two floors and three in the centre. On the ground floor are the common rooms, and next to them on the south side two verandahs, which are used as protected walks and fresh-air galleries, but are not sufficiently sheltered to be of much use in bad weather. In the upper floor, which is reached at either end by a wooden staircase from the garden, are the bedrooms and dormitories. Four of these contain two beds apiece, two contain twenty-four each, and two about sixteen; eighty-six in all being admitted, and from 35 to 40 cubic metres (1236 to 1413 cubic feet) of air being provided per head. There is no central corridor, the rooms being placed immediately next one another. The heating is by low-pressure steam, the lighting by petroleum; the ventilation by the windows, none of the rooms having chimneys. There are also a laundry and disinfection house, mortuary and water-filtering tank. Douche and shower baths for the patients will shortly be provided. The *sputa* are disinfected by means of hot soda solution; the linen by boiling, the rooms by lysol. The sewage is carried onto an irrigation field. There are three trained nurses (Victoria Schwestern); and the institution is under the direction of a medical man (Dr. Reuter), who with the nurses has separate quarters in the old house belonging to the place.

Most of those admitted are consumptives, all of the male sex; but a few bronchitics are also admitted. In 1896, 555 cases of consumption were received, and 128 cases of bronchitis and emphysema, with a total of 26,551 days of treatment. All stages of consumption are admitted. Cod-liver oil, counter-irritants and so-called specifics are not much used, but a good deal of alcohol. According to Léon Petit, there is little or no systematic hygienic training, and very

few facilities for carrying it out. The cubic space and means of ventilation are also somewhat inadequate. On these and similar grounds the institution has been somewhat severely criticised by Prof. v. Leyden, Léon Petit, Beaulavon, and others.¹

The home, which is not attached to any special insurance society, was opened 24th October, 1892. The daily charges are 2 marks. The daily cost is 3.16 marks. The building was originally intended for those who had successfully passed through the tuberculin treatment, but was thrown open in October, 1892, to consumptives without distinction, to the number of ninety-six, although the number admitted was afterwards reduced to eighty-six.

THE STETTIN SANATORIUM

is to be erected by the Stettin Sanatorium Society for eighty beds, on ground given by Stadtrat Dohrn on his property, Höckendorf, near Finsterwalde. This is sheltered from the north and east.

A sum of £15,000 has been given by Dr. Karkutsch to the fund (*Heilst. Corr.*, March, 1898).

¹ Prof. v. Leyden, *La sollicitude des grandes villes pour les Tuberculeux*, Buda Pesth Congress, 7th Sept., 1894; Beaulavon, *Revue de la Tuberculose*, Dec., 1896; Léon Petit, *Le Phtisique et son Traitement*.

CHAPTER XXXV.

SAXON SANATORIA FOR THE PEOPLE.

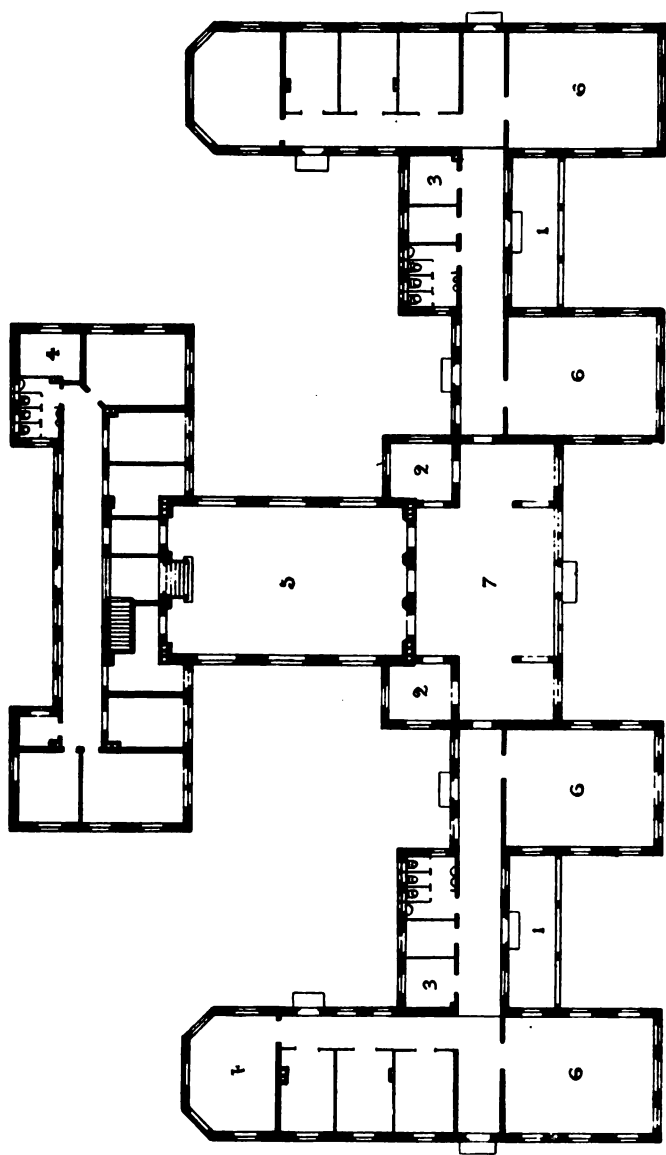
THE sanatoria included in this section are the Albertsberg Sanatorium, the Plauen Sanatorium, and the Jonsdorf Convalescent Home.

THE ALBERTSBERG SANATORIUM,

or the *Heilstätte des Vereins für Begründung und Unterhaltung von Volksteilstätten im Königreiche Sachsen*, is situated at Auerbach, about twelve minutes' walk from Reiboldsgrün Sanatorium (described at p. 160), in the open country amidst hills and forests. The ground belonging to the sanatorium is but small ($6\frac{1}{2}$ acres), but the patients have the use of the surrounding State forest. The soil is granite, the elevation 700 metres (2297 feet). Woods protect it to the east and wooded hills to the north.

The sanatorium consists of a number of buildings united by covered corridors into the shape of a T (fig. 24), the centre consisting of two floors, while the rest is on one floor only. There are also several detached buildings for the dwelling of the chief medical officer and inspector, the kitchen block, ice house, coal house, stables and laundry. The main block has a southerly aspect, and has red roofs and white walls in the centre, flat "wood cement" roofs elsewhere. From the top of the T four pavilions project, containing dormitories for ten patients each. The space between them is occupied on each side by fresh-air galleries, in the centre by a large library and common room 6 metres (19 ft. 8 in.) high,

(222)



GROUND FLOOR

FIG. 24.—ALBERTSBERG SANATORIUM.—GROUND PLAN.

1. Fresh-air Galleries. 2. Cloakrooms. 3. Consulting Rooms. 4. Bath Rooms. 5. Dining Saloon. 6. Large Dormitories. 7. Sitting Room.

with two cloak rooms ; over these are double-bedded rooms, and a large balcony with side screens. Behind, forming the central stem of the T, is the large dining saloon, which is 6 metres high, and capable of seating 100 persons. Over it are eight single-bedded rooms. The foot of the T is formed by a further expansion with bedrooms, etc., on two floors ; and behind this, forming a separate block, is the kitchen department. Baths, closets and lavatories are everywhere on the north side.

There is altogether accommodation for 122 patients, some rooms receiving from one to four each, while a number sleep in dormitories ten together. The cubic space allowed is 35 cubic metres (1236 cub. ft.) per head. The ventilation is by open windows, the upper parts of which are valved ; also by ventilating valves and chimneys, which are often common to two rooms. The heating is by closed stoves, but is to be altered ; the lighting by oil-gas with Auer incandescent mantles. The waste water is carried through earthenware pipes to an irrigation patch. The sewage is treated with dry peat mould.

None but consumptives are admitted, and only those in an early stage. *Sputa* are poured into the water-closets without disinfection. Linen is boiled with soap and water. Rooms are daily cleansed with damp cloths. The cold douche is used in all suitable cases ; no cod-liver oil or specifics being given. In addition to the fresh-air galleries next the house there is one in the woods. For nursing there is one sister. Dr. Gebser is the chief medical officer ; he was for five years house physician at Reiboldsgrün Sanatorium.

The institution was opened on 4th October, 1897. It is connected with the Insurance Company of Saxony, the Railway Company of Saxony and the Ministry. For the first of these fifty-five beds are reserved, for the others twenty-five each. Patients' payments are at the rate of 3 marks per diem ; some pay only 2.50, a few being admitted free. The building was estimated to cost 250,000 marks (£12,500).

Of this amount the Insurance Society advanced £4000; the central committee at Berlin £2500; a private gentleman gave £12,500 for a free bed; the Railway Company pay £125 per annum; and a private lady £150 per annum, besides other subscribers. The site was also given for a low price. An annual subvention is received from the Government.

THE PLAUEN SANATORIUM.

Another sanatorium for women is to be built in connection with the Albertsberg Sanatorium by the same society. The chosen site is 650 metres (2130 ft.) above the sea-level, in the midst of thick pine woods, sheltered by mountains to the north, east and west. It will be half an hour's walk from the men's sanatorium, but will have a common water supply and steam laundry. The building operations are to begin early in 1899 (*Heilst. Corr.*, Sept. 1, 1898).

THE JONSDORF CONVALESCENT HOME

is a "closed sanatorium" for patients with various ailments, including early cases of consumption, belonging to the union of *Südlausitzer Kranken Kassen*. It was opened in June, 1894, on land given by the town of Zittau, in Saxony. There are rooms for thirty-three patients, both sexes being accommodated in two separate portions of the building. There is central heating by low-pressure steam, and a private water supply.

The home is said to have cost 73,000 marks. It is under the care of Dr. Toop of Oybin. According to Hohe,¹ 93 per cent. of the patients who left the institution up to the end of 1896 were decidedly improved.

Jonsdorf is close to the frontier between Saxony and Bohemia, and is connected with Zittau by a narrow-gauge railway.

¹ *Die Bekämpfung und Heilung der Lungenschwindsucht*, Munich, 1897.

THE PRINZESSIN MARIA-ANNA HEIM.

According to Liebe¹ a sanatorium is being erected in Saxony by a local benevolent association for the benefit of *Elb-Sandstein* workers.

¹ *Loc. cit.*

CHAPTER XXXVI.

SANATORIA FOR THE PEOPLE IN THE HARZ DISTRICT.

IN this section are included the sanatoria of the St. Andreasberg district, and those at Stiege, Sülzhayn, Altenbrak, Königsberg, and Zellerfeld.

THE ST. ANDREASBERG SANATORIA.

There are two closed sanatoria for consumptives in the neighbourhood of this little town, the Oderberg Sanatorium and the Felixstift. Consumptives are also sent by a number of insurance companies to various houses in the town, under a common inspector, supervised by Drs. Hartung, Jacobasch, and Ladendorf. The town and climate, together with the provision for paying patients, are described at page 168.

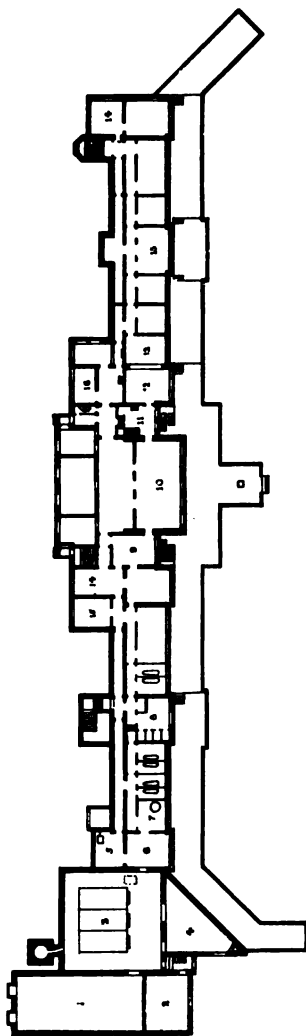
THE ODERBERG SANATORIUM

is situated 640 metres (2100 ft.) above the sea-level, on the road from Andreasberg to Oderhaus, in the Harz Mountains, on the south side of the Oderberg. The district is scantily populated, and free from factories. The sanatorium is protected to the north by rising ground covered with woodland; and to the west, and partially to the east, by outstanding thickly wooded spurs of the Oderberg. To the south is falling ground, partly meadow and partly woodland.

The sanatorium consists of a main building, doctor's house, disinfection house, sundry stables and cowsheds, and two cottages for some of the servants. The main building,



GROUND FLOOR



BASEMENT

FIG. 25.—ODERBERG SANATORIUM.

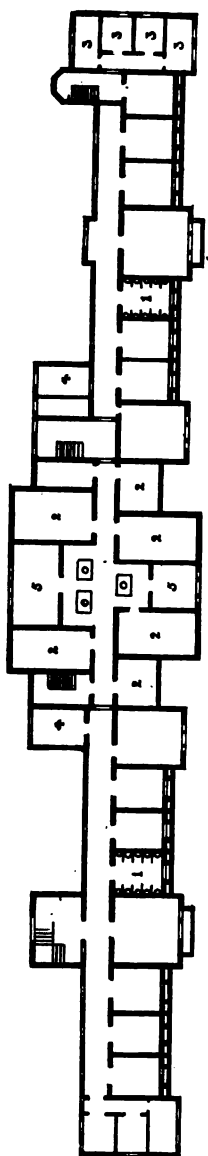
[Face page 227.]

which has a due south front, and is built of wood on a solid basement, consists of a central block and two wings, with boiler and engine house at one end, all arranged in a long line of 102 metres (335 ft.), about 100 yards from the main road behind. Owing to the fall of the ground, the basement is above ground in front. It contains the kitchen, scullery, bath and douche rooms, cellars and store rooms, some of the ventilating machinery, and the workshop for repairs, and has in front of it a fresh-air gallery with diverging ends (see figs. 25, 26). The ground floor has in the centre the common dining room, with the inspector's consulting rooms behind, and on either side patients' bedrooms, which all have a southerly aspect. There are also in each wing a lavatory and a nurse's room, and at the eastern end a common room 28×13 metres ($92 \times 42\frac{1}{2}$ ft.) in size. The next floor has in the centre the inspector's quarters, linen rooms, and others for the committee of management; those in the wings resembling the rooms on the ground floor. Above this is an attic floor, of which the centre is occupied by bedrooms for the women servants, linen rooms, etc., while the sides are like those on the lower floors, excepting that in place of the common room there are four isolation wards. These have no direct communication with the rest of the bedrooms, although they are approached by a passage from the common corridor. Each floor is served by a longitudinal corridor at the back. For security in case of fire, a massive wall with iron doors separates the western wing from the rest of the building. Of the bedrooms, seven are for one patient, fourteen for two, six for three or four, fourteen for four each. A few more can be accommodated in other rooms in case of need. The average cubic space per head is 35 cubic metres (1236 cub. ft.); the average floor area, 10 square metres (108 sq. ft.), the height of the rooms being 3.80 metres ($12\frac{1}{2}$ ft.). The walls are boarded and colour-washed; the floors of pine-wood covered with linoleum, excepting in the kitchen and scullery, where there are tessellated pavement and partially

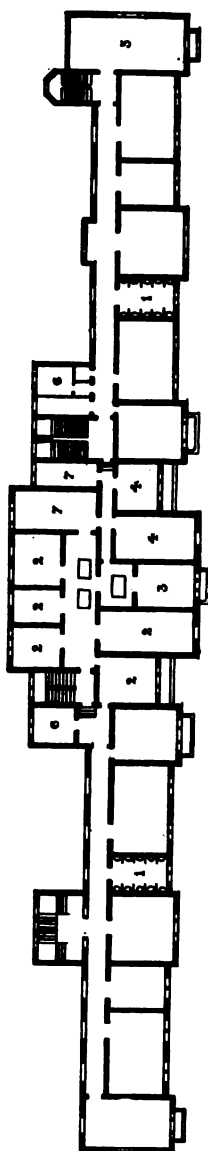
tilled walls, and in the bath rooms, which have glazed tiles and a cement floor. The rooms have double windows. The furniture is of lacquered wood or iron, free from unnecessary dust-retaining irregularities. The dining tables are covered with American cloth, fastened with wooden fillets along the edges. The bedsteads are spring-bottom iron ones; the mattresses are of horsehair in buttoned-up linen cases, with buttoned-up linen covers outside, and the same system is adopted for the pillows. The washstands and pedestals are of enamelled iron with glass tops. The lavatories on each floor have enamelled iron basins, with hot and cold water laid on, the plumbing resembling that of English lavatories. The water supply comes from springs in a meadow belonging to the institution, to the north of the main road, and is stored in three reservoirs.

The heating is by low-pressure steam, the lighting by electricity. Ventilating fans driven by electricity force a stream of air (which is warmed if necessary) into a long channel in the basement, which in turn supplies every room. In this way 80 cubic metres (2825 cubic ft.) per head can be supplied every hour. Inlets exist in every room near the ceiling; outlets near the floor; these communicate with separate shafts and are covered with gratings. During the greater part of the year the incoming air comes through open windows; in very severe weather the windows are closed and warm air forced in by the ventilating machinery.

Adjoining the western wing is a boiler and engine house, and next to it the accumulator room, with coal cellar and ashpit outside. The boiler and engine produce steam of 7 atm. pressure for the electromotor, reduced to 2 atm. for cooking and disinfection, and farther to $\frac{1}{10}$ atm. over-pressure for warming the building and incoming air, and for heating the water for baths and scullery. The closets are movable automatic earth closets, in a partially built out and well-ventilated pavilion to the north of the basement corridor. The waste waters are disposed of by irrigation. Earth closet pails are also provided elsewhere for



2ND FLOOR



1ST FLOOR

FIG. 28.—ODERBERG SANATORIUM.

[Face page 228.]

use during the night, and for the women servants, engine room staff, etc. The fresh-air gallery is $3\frac{1}{2}$ metres ($11\frac{1}{2}$ ft.) wide by 130 metres ($426\frac{1}{2}$ ft.) long, with wood cement roof, the height of which is from 2.75 to 4.6 metres (8 ft. 10 in. to 15 ft. 1 in.). It communicates directly with the bath rooms, and with the staircase to the dining saloon, and embraces with its diverging ends a sheltered gravelled recreation ground. It has places for sixty patients. The doctor's house is about 40 yards to the south-east, so placed as to command the fresh-air gallery. The disinfection house, which also contains a mortuary and *post-mortem* room, is about 50 feet westward from the engine house. The disinfector is double, with separate approaches for soiled and disinfected linen. Owing to the altitude, extra superheating is necessary to ensure disinfection. The stables, cowsheds, and houses for the servants, are still farther off (100 to 150 yards) to the west, the latter being near the road.

The staff, which is under an inspector, consists of twenty-five in all, and includes four male nurses (who also clean the rooms), a female cook and three kitchenmaids; a machine tender and his mate; a heater; a steward and his wife; coachman, and messenger. Some of the lighter duties, such as the cleansing of the spitcups, are performed by the patients, an overman being chosen for every section of the building (each containing about twenty patients). He is responsible for the tidiness of the rooms, the daily removal of closet pails, and the cleanliness of the closet of his own section, of which he keeps the key; for the regular use of the thermometer, the proper conduct of his own set of patients, extinguishing of lights, observance of rules concerning books, and the like.

The sanatorium, which was opened in August, 1897, under Dr. Liebe, is intended exclusively for consumptive men insured in the Hanse Insurance Society of Lubeck who are likely to recover their health or their earning capacity for a number of years. The average stay is three

months; but this can, if necessary, be extended. The charges are defrayed by the insurance company. There is accommodation for 115, or in case of need 120. Since the 1st January, 1898, Dr. Ott has been the medical officer.

The treatment is that adopted in most of these institutions—rest or exercise in the open air, good ventilation, good food, and regular hours. There is no park belonging to the establishment, but there is plenty of open land around it; and patients use the fresh-air gallery and recreation ground, or the public pine woods near by. The douche is used after the weekly bath, not usually at other times. A very simple spitflask of blue glass with screw top is in use; only two spittoons existing in the whole establishment. The *sputa* are mixed with peat mould and burned. Linen is disinfected by steam; the rooms by thorough cleansing. In suitable cases gymnastics and respiratory exercises are prescribed. The *food* is the same as in other similar German institutions. It is served out for five at a time, the patients helping to distribute it. The milk is from a private dairy of twenty-three tuberculin-tested cows, but is all boiled before being used, in order to impress on the patients the importance of doing so at home. Beer is only given on Sundays. Specifics, cod-liver oil and counter-irritants are only used when specially indicated. Newspapers and political discussions are forbidden. Each patient is free to attend the religious services at St. Andreasberg with the doctor's sanction, or to abstain from so doing if he has conscientious scruples.

The nearest railway stations are at St. Andreasberg and Oderthal. St. Andreasberg is the terminus of a branch line from Scharzfeld.

A SANATORIUM FOR WOMEN

is likely to be opened in the same neighbourhood by the Hanse Insurance Company.

THE FELIXSTIFT SANATORIUM

is intended for ladies and gentlemen of small means rather than for the working classes, and owes its existence to the efforts of Dr. Ladendorf, the cost of erection having been largely defrayed by a legacy, and the cost of maintenance being guaranteed by a private society. Situated to the west of St. Andreasberg, about half an hour's walk from the town, it stands on a steep hillside, looking over meadows and a little stream to a pine-clad hill. It has a southerly aspect and is protected on all sides from cutting winds, the most distant view being to the south-west.

The building is a pretty structure in Swiss style, built of wood on a granite foundation, with red-tiled roof; and has accommodation for thirty-two patients at present, which number will be increased to forty when the place is completely furnished. It consists of a raised centre and two wings. In the western wing on the ground floor is a large dining saloon, with a small serving room to the north, a large window on the western side, and a large covered projecting balcony on the southern front. In the centre of the south side is the entrance hall with office and matron's and consulting rooms; and behind it the staircase. The rest of the ground floor and first floor is taken up with patients' rooms, some of which can be used as sitting rooms if necessary. The centre has a few attics in the peak of the roof. The basement, which is level with the ground in front, contains a light and cheerful kitchen in the left wing, with a small scullery, and near them a bath room and douche room, the larder, and various store rooms, together with the heating apparatus. The bedrooms, some of which have small balconies, are cheerful and airy, the walls painted, the wooden floor oiled and provided with a strip of carpet near each bed. The rooms are ventilated partly by means of open windows, which are in three parts independently movable; partly by warm-air inlets near the floor and outlets near the ceiling, which lead into

separate shafts. The bedsteads are of wood, provided with feather beds and blankets. The heating is by low-pressure steam pipes; the lighting by petroleum lamps. There are six well-fitted water-closets and lavatories on the north side. The sewage is carried to six clearing tanks, where it is treated with alum and lime, being afterwards filtered through sand on its way to the little stream. Four *meals* a day are provided, in addition to a cup of tea in the afternoon: the two breakfasts at 7 and 9 A.M., the dinner at 12 and the supper at 7 P.M. About 2 litres of milk per head are used daily.

A simple and inexpensive *spitflask* is used in place of Dettweiler's pattern. There are no spittoons. The resident staff consists of the matron, three maids and a man. There are no nurses. Dr. Ladendorf of St. Andreasberg is the medical officer. Patients sleep two or three together in one room, a few single-bedded rooms being also provided. The charges in the common rooms are 23 marks per week, including board, residence, medical treatment and all other expenses. Where a single-bedded room and a sitting room are engaged the charges are 4 to 5 marks per diem.

There is a good road from St. Andreasberg. The institution was opened in August, 1898.

THE STIEGE SANATORIUM,

which is called Albrechtshaus, after the Prince Regent of Saxony, has been recently erected (June, 1897) in the Harz district by the Brunswick Sickness and Old Age Insurance Company. It stands about 450 to 500 metres (1480 to 1640 feet) above the sea-level, near the narrow-gauge railway from Gernroda to Hasselfelde, and a mile or two from the little village of Stiege. The road to the sanatorium passes through a wood, where the twin establishment, Marienheim, is being built.

The sanatorium stands on a slope with meadow land in front of it, and is surrounded on all sides with pine-clad

hills. It is a wooden structure on a granite foundation, with solidly built basement and dark-tiled roof, and is 68 metres long, shaped like the letter E. Behind the centre is the entrance, with the staircase and kitchen department around it. The kitchen, which is light and cheerful but rather small, and has tiled roof and floor, is supplied with hot cupboard, food lift, a central stove, etc., and has next to it a scullery and small store room. Above it on the first floor are the quarters of the house master, and above these a few garret rooms for women servants. Also in the centre, but on the south side, are the dining saloon on the ground floor, with a verandah in front of it, and two day rooms on the first floor, both of the latter provided with spacious balconies. Above these, in the peak of the roof, is a drying space. The lateral parts of the central block have a single row of rooms on the south side with a corridor behind. They comprise on the ground floor two bath rooms, two lavatories, the cook's bedroom, the office, consulting room, two patients' bedrooms each with four beds, and one with two. On the first floor are four rooms with four beds each, two with two beds apiece, a lavatory and room for the chaplain. In the wings on the ground floor are two large dormitories for ten patients each, which however owing to pressure on space have been made to accommodate fourteen apiece. In the lavatories each patient has his own basin and utensils. Under the large dormitories are the chapel in the eastern wing, a gymnasium in the western. The rest of the basement is occupied by heating apparatus and cellars. The patients' bedrooms have a cubic space per head of 27 to 28 cubic metres (9530 to 9880 cub. ft.). The windows are large, of the usual pattern with three sections, and a ventilator is present in each room. The walls are of rough plaster on the lower floor, oil-painted in the upper floor and the lavatories. The floors are of cement in the basement corridor, tiled in the ground floor corridor, elsewhere covered with linoleum. Most of the rooms are heated by closed stoves burning wood; but three rooms, in-

cluding a bath and douche room, are heated by steam pipes. The lighting is by petroleum. The closets are built out on the north side of the corridors. They are six in number and are earth closets, the user distributing peat mould with a spade. The waste waters are collected in a reservoir in the centre of the terrace in front of the building. In fine dry weather they are allowed to irrigate the vegetable garden; in wet weather they are diverted into the wood to the east of the sanatorium. In front of the building is a fresh-air gallery, the roof and overhanging front of which are formed by a roller blind of sail cloth, the floor consisting of the pebble-covered terrace. A *Döckersche Baracke*¹ in the garden serves as a recreation pavilion. Behind the main building, across the courtyard, are stables, steam disinfecter, etc.

Only men are admitted as patients, and not exclusively although chiefly consumptives. The patients do a little garden work and gymnastics, and are expected to ask for work after three weeks unless the doctor forbids it. They stay usually for thirteen weeks. The *food* consists of the usual five meals; beer being provided, and wine on Sundays.

During 1897 seventy-five patients were under treatment, with a total of 5213 days of treatment.

The staff number nine in all, including the house master. Dr. Köhler, who is medical officer, comes over from Hasselfelde two or three times a week.

THE MARIENHEIM,

a sanatorium for twenty female patients, is being built a little lower down on the same ground, and will probably be opened in the middle of 1899.

THE SÜLZHAYN SANATORIA.

In the southern part of the Harz, where the land begins to fall towards Göttingen and Nordhausen, is a little niche-

¹ See p. 217.

in the mountain side overlooking the village of Sülzhayn. Densely wooded slopes rise up on three sides, forming a sort of amphitheatre, near the centre of which, on a precipitous rock, has been built the private sanatorium "Fernsicht," by the side of the rising pile of the Sülzhayn People's Sanatorium. The foundations of this imposing structure have been built up on massive stone pillars 18 metres (nearly 60 ft.) high, additional room being obtained by blasting the rock behind. On this artificial platform have been erected three buildings: the private sanatorium, the doctor's residence, and the people's sanatorium; the first two already occupied, while the third is rapidly approaching completion. In such a situation there is almost perfect shelter against boisterous wind from the colder quarters; while a lovely view is obtained of the country to the south. There are nearly 14 hectares (34 acres) of woodland belonging to the institution. The soil is of porphyry and grauwacke (the latter used in building the sanatorium); the elevation about 500 metres (1600 ft.)¹ above the sea-level; the climate that of the Harz Mountains generally—a dry, bracing, equable hill climate, with a fair amount of rain and snow at certain seasons.

THE SÜLZHAYN PEOPLE'S SANATORIUM

is planned somewhat like the one at Ruppertshain, with a concave front, a centre and two wings. The dining saloon is, however, placed behind the centre on the first floor, and communicates by a bridge with the kitchen block still farther to the north. The patients' bedrooms, which are placed in a single row on the south side, on three separate floors, contain from one to four beds apiece, with an allowance of 42 cubic metres (1480 cub. ft.) per head, and a height of 4 metres (13 ft.). The floors are made of *torgament*, a patent material consisting of wood shavings incorporated with cement, which is capable of uniting with stone,

¹ According to Liebe; Dr. Kremser gave me the height as about 1450 ft.

iron or woodwork, and is warmer to the feet than ordinary cement. The walls are of colour-washed plaster of Paris, the doors of wood without projections and very carefully fitted. The windows are large, but have not been carried up to the ceiling. Throughout the sanatorium all angles are rounded and surfaces smooth. Running in front of the centre block on the basement, which on the south side is on the ground level, is a corridor 4 metres (13 ft.) wide, which can be heated, and serves as a promenade in bad weather. It has very large windows which open out on to a covered strip of garden, and boot rooms on either side. The corresponding parts on the ground floor form a large day room and a fresh-air gallery 5 metres (over 16 ft.) wide, to be used for rest in the open air, and protected by the balcony overhead. In both the centre and the wings balconies are placed in front of the bedrooms. The lavatories, water-closets, rooms for the nurses, and staircases are at the back of each wing beyond the corridor. There are two water-closets in each wing on each floor. The water-closet basins cover themselves automatically. Next the water-closets are rooms for disposing of the *sputa*, etc. In one compartment is a boiler for boiling the sputum, after which it goes down a special soil pipe into the drain. In another compartment the spitcups are boiled and the chamber pots cleaned. The common bath rooms and lavatories, which are also to the north, have terrazzo floors covered with parallel wooden laths. Each patient will have his own china basin fixed to the wall, with a box for toothbrush, etc. ; on one side of the lavatory there is only cold water ; on the other hot and cold. The douche rooms, with doctor's room and dressing room, are in the wings on the ground floor, and have the usual arrangement of taps and thermometers to indicate the temperature of the douche. Underneath are the boiler for disinfection of sputum, the inhalation room, and some cellars. There are also a dark room for photography and a library. Each wing has also a lavatory for the nurses, and a small store

room; and on the lower floors a common room for the patients.

Behind the centre is the administrative block. This has in the basement the accumulator room and coal cellar, with the ice cellar on one side and the three heating furnaces on the other. Above these come the laboratory and consulting room, the porter's room and office, on each side of the entrance. On the next floor is the large dining saloon, with a room for the sisters on one side and a couple of committee rooms on the other. This communicates with the kitchen block by means of a serving room on the bridge. The kitchen block, which has its entrance behind, contains in the basement the larders, store rooms, cellars and engine room. There is also a passage under the road to the main block. On the ground floor is the laundry department with disinfecting apparatus and linen rooms on either side. The disinfector has two approaches; the linen rooms are for storing and mending respectively. The laundry has an electric mangle, and rolling and ironing rooms. An electric lift carries the washed linen up to the drying loft. Above the laundry department is the kitchen department, with scullery, crockery room, vegetable kitchen, and dining room for the servants. The kitchen is separated from the serving room by a passage, and has a special ventilating shaft. On the next floor are the quarters of the engineer and his wife, together with a separate portion for the women servants, and a drying loft. The kitchen department has its own staircase, douche and bath rooms, and water-closets.

The sisters are lodged in separate quarters in the roof of the main building. The sanatorium is heated by low-pressure steam pipes, and by closed stoves in addition. It is lighted by electricity. There is an abundant supply of good water, which works a turbine, and has a pressure of 5 or 6 atmospheres. The staircases are of stone, let into the thickness of the walls, without other support.

There is altogether accommodation for 100 patients, but.

twenty more could be lodged in the attic floor if necessary. Only men are admitted ; the sanatorium having been built by the N. German *Knappschafts Pensions Kasse* in Halle-on-Saale, chiefly for the miners of the district.

Dr. Kremser is the chief medical officer. He has under him a matron and female nursing staff. The assistant medical officer is also appointed on his recommendation, subject to the assent of the matron. All the other officials are directly appointed by the chief medical officer. They consist¹ of an engineer, female cook, two kitchen maids, two male nurses, messenger and night watchman. No inspector will be appointed. The male nurses clean the spitcups. The building is to be cleaned daily by women from the village.

During the building operations the poor patients have been lodged in the private sanatorium "Fernsicht," and before this was built an open colony existed in the village.

THE FERNSICHT SANATORIUM

lies to the west of the miners' sanatorium, and is attached to Dr. Kremser's residence, which is between them. Owing to the rapid fall of the ground it has a deep basement which is above ground on the south side, whereas the doctor's villa has one floor less. There is accommodation for ten patients on the ground and first floors, all being to the south and provided with balconies. Between the two buildings is a deep fresh-air gallery on each of these floors. The basement contains in front a reading room and billiard room, and behind a bath room and consulting room. Over the latter on the two upper floors are bath rooms and lavatories, together with rooms for the attendants. The south-eastern corner is occupied by the furnace room, above which is the kitchen, and above this the dining saloon, with a large winter garden in front of it (fig. 27).

The charges will be probably 6 marks per diem.

¹ Liebe, *loc. cit.*



FIG. 27.—DR. KREMSEK'S SANATORIUM "FERNSICHT,"
SULZHAYN IN THE HARZ.

[Face page 238.]

ANOTHER SANATORIUM

under the charge of Dr. Kremser's brother-in-law exists in the village of Sülzhayn, about 150 to 200 feet below the Sülzhayn miners' sanatorium. There is accommodation for nine patients, who pay from 4 to 6 marks per diem. Additional beds can also be obtained in other houses in the village.

ALTENBRAK SANATORIUM

is situated in the Bodenthal, which some consider to be the finest part of the Lower Harz district. It consists of the Villa Emma and other houses in the village, where patients are received from various insurance societies, and is managed by an assistant of Dr. Pintschovius of Ketzin, who also owns a small private sanatorium in the same neighbourhood (see p. 167).

THE KÖNIGSBERG CONVALESCENT HOME

is situated about $3\frac{1}{2}$ kilom. (2 miles) from Goslar, in the northern part of the Harz district, in the midst of beautiful pine woods, and is 450 metres (1470 ft.) above the sea-level. It was originally a private villa, but was converted into a sanatorium by the addition of a large dining saloon. Opened in May, 1895, by the Hanover Sickness Insurance Company, purely as a convalescent home for men, it was after a time devoted chiefly to consumptives, owing to the number of other convalescents attached to the insurance company being insufficient to keep it full. The building has a south-east aspect, and has a meadow in front of it with a rapid downward slope. Across the valley in front is a wooded hill; on each side of the meadow and the sanatorium are pine woods. The ground also falls to the south-west, and rises to the north. Owing to the height of surrounding hills, and the neighbouring pine woods, there is good shelter against cutting winds.

The building is of wood, in the Swiss style, with a turret in the middle. The chief entrance is at the south-west end,

which leads into a corridor running parallel to the front, with rooms on either side. At the opposite (north-east) end is the new wing, containing the kitchen and dining saloon. From the latter a door leads on to a broad verandah, and thence to the garden. The bedrooms for patients are on the ground floor and first floor. They are placed on all sides of the building excepting the north-east, and hold from two to four beds each. They are light and cheerful, with linoleum-covered floors, washable paper on the walls, varnished wooden wainscots, large French windows (mostly with balconies), and plain, clean-looking furniture. The bedrooms on the second floor are for the staff. There is a reception room on the ground floor near the entrance. Hot and cold water are laid on to every floor. There are three earth closets, but only one bath room. The basement contains heating apparatus, engine and dynamo room, small accumulator room, four cellars, and a larder; and in the added wing a cheerful kitchen with tiled walls and floor, and windows on three sides. Near this are a disinfecting room, laundry, and stables, and over these a drying space and the quarters of the farm manager. These are all separated from the rest of the house by a narrow passage. The lighting is by electricity, the heating by low-pressure steam. A two horse-power engine supplies a 36-celled accumulator; these suffice both for heating and lighting, and for pumping water from the meadow to a cistern under the roof.

There is accommodation in the house for thirty-six patients, and fourteen more are lodged in a *Döckersche Baracke*¹ in the meadow. Ninety per cent. of those admitted are consumptives. The usual five *meals* a day are provided; the food is said to be excellent. Beer and Bordeaux wine are allowed. Patients do light work for wages if the doctor permits, and also the lighter housework. *Spitcups* are disinfected with corrosive sublimate.

The institution is managed by a sister of the Hermitten-

¹ See p. 217.

stift in Hanover, and is under the care of Dr. Andrae of Goslar, who comes over twice or three times a week.

During 1897, 178 patients left the institution, of whom 107 were tuberculous. Eighty of the latter (or 75 per cent.) regained their full working capacity, and 17 per cent. were apparently cured.¹ The daily cost is said to be 2·23 marks, or, with interest on capital, 2·71 marks.²

THE ZELLERFELD SANATORIUM,

which was opened by the Hanoverian Sickness and Old Age Insurance Company in August, 1898, for the reception of women, is situated in one of the most elevated and open parts of the Harz district. Leaving Goslar by rail the train goes panting and puffing up a steep incline through a winding river valley skirted by dense pine woods, until it reaches the bare and open mining country near Clausthal. Adjoining this important mining village is the more purely residential village of Zellerfeld, which climbs the hillside on the way to an elevated plateau consisting chiefly of meadows and cultivated land. About a mile from the village, near a small lake and stream, is a pine wood, by the side of which the sanatorium stands. Originally a restaurant and brewery going by the name of "Zur Erbprinzentanne," it is next the main road opposite a village inn. This circumstance is probably less disadvantageous in a women's sanatorium than would be the case in one for men. Altogether 5½ hectares (13 acres), mostly woodland, belong to the institution, which with the exception of the above-mentioned inn has no other buildings near it. The elevation is 550 metres (1800 feet) above the sea-level, the soil being of sand or rock.

The sanatorium consists of an old wooden structure and a brick-built house to which have been added a new one of timber and plaster on a brick foundation, and some stables. These form three sides of a square, and surround a courtyard which will be partly covered with grass, partly paved with

¹ *Report of the Inv. and A. Versicherungs Anstalt of Hanover for 1897.*

² *Liebe, loc. cit.*

granite blocks—asphalt not standing the severe cold met with in this district in winter. Across the road to the north-east is a sheltering line of pine trees, and beyond them a sudden fall to the stream; behind the sanatorium, and to the sides, a thick belt of trees. High pine-clad hills may be seen on the horizon in most directions; but the pine trees around the building form the only efficient wind screen.

Each part of the sanatorium consists of a basement, mostly occupied by cellars, and of a ground floor, first floor, and second floor under the roof. On the right of the courtyard at the north-west end is the original wooden building, the ground floor of which is partly occupied by the consulting room and administrative rooms. At the junction between this building and the centre block are the quarters of the nursing staff. The centre block has a large day room and the dining saloon on the ground floor, and behind these a wide verandah which also extends along the north-west end. The corridor serving these rooms is next the courtyard, and leads to the closets, of which there are two on this floor, one for the staff and one for the patients. The kitchen, which is also on the ground floor, has a central stove and tiled walls. At the extreme end of the centre block are two bedrooms separated by a short passage from the rest for cases requiring isolation. On the next floor are most of the bedrooms; there are nine of these, accommodating from two to five apiece, or a total of forty. The walls are painted, floors covered with linoleum. The beds are of iron, the mattresses partly stuffed with vegetable fibre. The washstands are of enamelled iron with drawers and glass tops. The pedestals are also of open iron work with glass tops. There is one bath room with two fixed baths. The heating is by means of closed stoves. The staircases are of cement. The further wing is composed of stables and cowsheds, together with the farm manager's house.

The sanatorium is connected with the telephone system. Dr. Plümecke is the medical officer.

CHAPTER XXXVII.

SANATORIA FOR THE PEOPLE IN THURINGIA.

THESE include the colony on the Harth, the new Berka Sanatorium, and the Manebach Sanatorium. An open colony exists at Gross Tabarz, near Friedrichroda, on an elevated hill-girt plain 1300 feet above the sea-level. At Erfurt (which although not in Thuringia is surrounded by it) a sanatorium is to be built by the Johanniter Knights out of the proceeds of a legacy.¹

THE COLONY IN THE HARTH FOREST,

which is a few miles from Bad Berka, near Weimar, in the midst of beautiful pine woods, was opened on 27th May, 1896, and consists of Schloss Rodberg, with twenty to twenty-five beds, the Restaurant Sophienhöhe, which has eight to ten beds for summer use, and a number of huts in the woods which are also only habitable during the warmer parts of the year. The colony is in charge of a nursing sister; and consists mainly of patients from the Thuringia Insurance Company. Dr. Münsel of Weimar comes over frequently to supervise the treatment.

Of eighty-three patients who left the institution in 1896 (six months) seventy were phthisical or suspected to be so. Of this number seven presented no traces of disease on leaving; twenty-five showed traces, but were fully capable of work; twenty-five more were capable of working, but were less likely to remain so; eleven were only capable of light work, and in twelve no good result was obtained. Three did not complete their treatment.²

¹ *Brit. Med. Journ.*, 21st May, 1896.

² Liebe, *loc. cit.*

THE BERKA SANATORIUM,

which is being built by the Red Cross Society of Weimar, and is rapidly approaching its completion, will probably take the place of the above-mentioned colony in the Harth Forest. The site is on a picturesque headland in the midst of the pine woods, overlooking the little town of Tannroda with its ruined castle, and the valley of the Ilm. The soil is a beautiful red sandstone, which has been utilised in building the institution.

The building, which has a southerly aspect and is well protected to the north and east, is in the form of a central block with wings projecting back and front. It will accommodate men only, and will have about eighty beds, each room containing from two to four beds and having a southerly aspect. The larger bedrooms are in the wings in front. Behind the east wing are the bath and douche rooms; behind the west wing the sisters' quarters. There are altogether two bath rooms and a large douche room. In the centre of the middle block is a large and lofty dining saloon, and next it a day room. The kitchen is behind, separated from the dining saloon by the corridor. The windows are all large, but do not reach the floor or the ceiling. The walls are lime-washed; the floors of wood in the bedrooms with fillets to fit into the angles; in the corridors they are of *torgament* (see p. 225). There will be central steam heating, with two heaters under the kitchen, and long, large steam-pipes under the windows. A ventilation shaft containing a central steam-pipe is placed in the middle of the building. The place will be lit by electricity. There will be eight water-closets with a good water flush. Behind the main block is a courtyard, on the far side of which are being erected stables, disinfecting rooms, etc.

Dr. Münsel of Weimar is to be the resident medical officer. The institution will be utilised by the insurance association of Sachsen-Anhalt in Merseburg, as well as by the Thuringian Insurance Company.

THE MANEBACH SANATORIUM.

A sanatorium is also being built for women at Manebach, near Ilmenau, 525 metres (1720 ft.) above the sea-level. There is already a recently built Curhaus, which, with an adjoining house, will accommodate forty patients. The new building is to be still larger; and when it is completed the Curhaus will be devoted to a different class of society.¹

¹ Liebe, *loc. cit.*

CHAPTER XXXVIII.

SANATORIA FOR THE PEOPLE IN HANOVER, WESTPHALIA, OLDENBURG AND LIPPE DETTMOLD.

IN addition to the open colonies at Wissen-on-the-Sieg and Uckerath, near Oberpleis, and those of Lippspringe and Salzuflen in Lippe Dettmold, there is a sanatorium at Rehburg and another at Altena. Another is projected at Hagen in Westphalia, which is to be called the *Kaiser Wilhelm* Sanatorium, and for which 270,000 marks have been subscribed.¹ There are other projects for the establishment of sanatoria for Aix-la-Chapelle, Oldenburg, Altona, and Hamburg respectively. For the latter a legacy has been left of 250,000 marks; and the State of Hamburg will contribute 60,000 marks per annum.² A sanatorium is also projected at Lippspringe for the consumptives of Minden.³ There is already a Johanniter Hospiz there.

THE REHBURG BREMEN SANATORIUM

was opened on 1st June, 1893, by the *Bremen Heilstätten-Verein für bedürftige Lungenkranke* at Bad Rehburg, a little to the north of the Royal Bathing Establishment. It was the third of those opened in Germany for the poor, being preceded by the one at Malchow and the small one at Falkenstein, now replaced by the Ruppertshain Sanatorium. Originally containing twenty-four beds, it was enlarged in 1894 by the addition of wings, raising the number to thirty,

¹ *Heilst. Corr.*, July, 1898.

² *Deutsches Central Komite zur Err. von Heilst. f. Lungenkr.* Ann. Rep. for 1897.

³ *Das Rothe Kreuz*, 1st Sept., 1898.



twelve for women and eighteen for men. It is under the medical care of Sanitätsrat Dr. Michaelis, the owner of the private sanatorium, who with his assistant attends the Bremen Sanatorium gratuitously. It stands in a very sheltered position on the hillside, and owing to the slope of the ground the western half of the building has been built on a slightly higher level than the eastern. Close to it are corn fields; a small garden lies to the south, and densely wooded hills protect it to the north and west, and the high beech trees of Bad Rehburg to the east.

The building consists of a centre and two wings, which form a nearly unbroken line facing south. In the centre are a dining room, day room, doctor's room and matron's room, and in the projecting bow a room with four beds. The east wing, which is for men, contains two large rooms with four beds each, and two smaller with two beds each, and under the roof another room with two beds. The west wing, for women, has two rooms with four beds each, and two rooms with two each. The rooms are 4 metres (13 ft.) high, the larger being 7×9 metres ($23 \times 29\frac{1}{2}$ ft.), the smaller $3\frac{1}{2} \times 7$ metres ($11\frac{1}{2} \times 23$ ft.). The walls are colour-washed; and in the dining room there is also linoleum to the height of the shoulders. Floors are everywhere covered with linoleum, which is daily cleansed with damp cloths. The place was beautifully clean when I visited it, simple, homely and practical. The heating is by means of close (Lönhold) stoves; the lighting with petroleum. The furniture is simple; bedsteads of iron, with spring and horsehair mattresses. Beds are disinfected when necessary by steam heat in the public disinfecting oven. The rooms are simply cleansed and aired. *Sputa* are poured down the water-closets. Patients are instructed to use spittoons.

The sanatorium is managed by a matron (a sister of the Red Cross), who does what nursing, rubbing, etc., are needed. She has under her a cook and kitchen maid, housemaid, and a man.

Treatment is by hygienic methods. Five meals a day

are provided, the mid-day dinner being a substantial meal with several courses. Beer is provided at supper. Patients who are medically fit help in the lighter household duties, such as making the beds, cleaning their own boots, and cleaning the spitcups.

They pay 2 marks per day if connected with the Bremen insurance societies; 3 marks if from other towns. A few gratuitous beds are provided whenever the finances permit. No charge is made for medical attendance, drugs, or in some cases for personal washing. There is a fund in Bad Rehburg for the assistance of poor people who come for treatment, baths and other means being gratuitously provided.

Up to the end of 1896, 334 patients were treated at the sanatorium, with 27,287 days of treatment, or an average of $81\frac{1}{2}$ days. Only 297 were certainly consumptive, $43\frac{1}{2}$ per cent. being seriously affected. Excluding the doubtful cases, 85 per cent. improved in general health, 8 per cent. lost ground. The lung condition improved in 21 per cent., grew worse in $13\frac{1}{2}$ per cent. In 1897, 106 patients left the institution. Of these 44.3 per cent. appeared to be permanently able to work; 32.1 per cent. were thoroughly capable of working, but with less certainty of a lasting result.

The climate of Bad Rehburg is described at p. 171.

THE HANOVER SANATORIUM SOCIETY,

which was originally connected with the Bremen Society, also sends patients every year to various houses in the village of Bad Rehburg as well as to the convalescent home at Königsberg and the Zellerfeld Sanatorium. These are described at pp. 239, 241.

THE ALTENA SANATORIUM

for the district of Altena, in Westphalia, was opened on 1st August, 1898, in the open country between the villages of Hellersen and Brünninghausen, about 4 kilometres ($2\frac{1}{2}$

miles) from the town of Lüdenschaid. It stands 420 metres (1380 ft.) above the sea-level, in about 38½ hectares (nearly 95 acres) of land, on the south side of a hill which is wooded with oaks and pines and sheltered to the north-east by more distant hills. The grounds are partly wooded, but in front of the building consist of a large open grass plot, with gardens and little ponds.

The sanatorium buildings consist of a main block, an administrative block, doctor's villa, and open-air galleries. The main block has a basement, ground floor, and three upper floors, all the patients' rooms being to the south. Behind it is the administrative block, which is united to it by a covered bridge, and contains the kitchen, scullery, store rooms, dining saloon and nurses' dining room, and quarters for the second medical officer and the female staff. The open-air galleries are not placed in front of the main block, but form a curve on each side of it, the western gallery leading to the chief medical officer's residence. It is intended to build a chapel at some future time.

There is accommodation for 100 male patients. The bedrooms are of various sizes, and contain from one to eight beds each. They are furnished with iron bedsteads, steel and horsehair mattresses, iron pedestals with glass plate, and a clothes cupboard for each patient. The lavatories are separate from the bedrooms, and have water laid on over each fixed washbasin, and shelves above for washing utensils. There is also a large bath room with three fixed baths and a dressing bench of xylolith plates. Next to this is a douche room, with various douche and spray apparatus, and a compartment provided with two water cocks and a thermometer for the medical officer to regulate the temperature of the douche. Another bath room is provided for the staff. The water-closets have porcelain basins with oaken seats and automatic waterflush. The urinals also have automatic water supply; their walls are of polished granite, the floors of terrazzo. The sewage and

waste water are carried into settling tanks, and purified by filtration. The water supply, which is said to be good and abundant, comes from special springs in the neighbouring mountain, and is pumped by a benzine motor from a reservoir near the administrative block to another in the woods 4 metres higher than the roof. There are two day rooms in addition to the dining saloon. Every room is provided with ventilation shaft, and with special ventilation for winter. The building is heated by low-pressure steam. It is at present lighted with petroleum, which will, however, probably be replaced by electric lighting. There are electric bells in every room, with pushes near each bed. All the patients' rooms and the corridors are covered with linoleum; the bath rooms being tiled. A special room for boot cleaning is on the ground floor. The kitchen has a tiled floor, and is provided with two steam boilers and a roaster, with a food lift to the serving room above. The dining saloon is 13×7 metres ($42\frac{1}{2} \times 23$ ft.) and 6 metres (19 ft. 8 in.) high. There are a steam disinfecter with two approaches, and a laundry with ironing and drying rooms. The washing is done by machinery, driven by a benzine motor. The *sputa* are disinfected with lysol solution.

The whole staff is under the control of the medical superintendent, who will be aided by a second medical officer. There are at present three Red Cross sisters from Cologne, one of whom acts as housekeeper, another as secretary, while the third sees to the nursing. When more patients are under treatment there will be one or two more nurses. There are also a bathman, a porter, a female cook with two kitchenmaids, and two women for the laundry work. The medical officer is Dr. Stauffer, to whom I am indebted for most of these details.

None are admitted but consumptives who have a reasonable prospect of recovery. There is an arrangement at present with the Westphalian Old Age and Sickness Insurance Company, but patients will probably also be sent

from the Hanover Insurance Company and from the Rhine province.

Patients pay 3½ marks per diem, or 5 in a single-bedded room, and stay at least twelve weeks, unless otherwise determined by the medical officer.

Lüdenscheid station may be reached *via* Hagen and Brügge. The sanatorium is connected with the telephone system.

OTHER INSTITUTIONS AT ALTENA.

There is also at Altena an "Isolation Establishment" for consumptives in connection with the Johanniter Hospital in the same town. Treatment lasts from one to three months; the payment is at the rate of 3 marks per day.

Two or more funds exist for the support of the families of patients who are under treatment in sanatoria, and who are in reduced circumstances. One of these has a capital of 140,000 marks (£7000), and will also be applied to the improvement of patients' dwellings. Another of 10,000 marks has just been started in memory of the late Count Bismarck, who was an honorary citizen of Lüdenscheid.¹

¹ *Heilst. Corr.*, July, 1898.

CHAPTER XXXIX.

SANATORIA FOR THE PEOPLE IN THE RHINE DISTRICT.

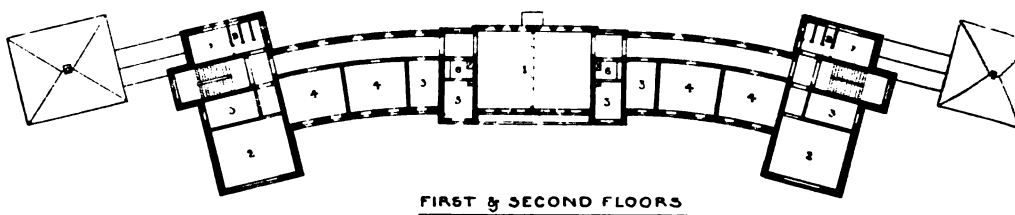
EXCEPTING the Ruppertshain Sanatorium in the Taunus no large sanatorium for the poorer classes has yet been built in this district, although several are projected. A society has been formed for this purpose with branches at Duisberg, Essen city and district, and Ruhrort.¹ Another union of local societies, which is called Gesellschaft Gemeinwohl, and includes Barmen, Dusseldorf city and district, Elberfeld, Mettmann, Solingen town and district, Lennep and Remscheid, has made greater progress. A Dusseldorf firm has promised 20,000 marks, and an Elberfeld banking firm 10,000 marks; and it is hoped that building operations may be begun in the autumn of this year.² Barmen at present sends its consumptives to an open health resort at Godesberg near Bonn. The insurance company for the Rhine province will probably support the new sanatorium. Cologne has a *Verein zur verpflegung Genesender*, with five convalescent homes, and sends its consumptives to two of these (at Wissen an der Sieg for men, and at Uckerath near Oberpleis for women); but proposes to build a closed sanatorium as well.³ There are a few beds for consumptives at the Philomenen Hospiz at Honnef. On the opposite bank, Dr. Achtermann receives patients of the poorer classes into the "second-class section" of his sanatorium at Laubach (see p. 189), but this establishment was not originally built for such a purpose. A society has also been started at

¹ *Heilst. Corr.*, July, 1898. ² *Das Rothe Kreuz*, 1st Sept., 1898.

³ *Liebe, loc. cit.*



FIG. 28.—VIEW OF RUPPERTSHAIN SANATORIUM.



FIRST & SECOND FLOORS

FIG. 30.—RUPPERTSHAIN SANATORIUM.

- | | | | |
|--------------------|-----------------------|-------------------------|---------------------|
| 1. Dining Saloons. | 2. Large Dormitories. | 3. Single-bedded Rooms. | 4. Larger Bedrooms. |
| 5. Nurses' Rooms. | 6. Small Kitchen. | B = Bathrooms. | |

[Face page 253.]

Wiesbaden for the erection of a sanatorium of fifty beds for the lower middle classes of Wiesbaden, the Rheingau and the Unter Taunus.¹ At Hanau 30,000 marks were subscribed for a sanatorium fund, to commemorate the 300th anniversary of the town; and half of the interest will be used to send patients to existing sanatoria, the rest being added to the principal.² There is also said to be a sanatorium for 120 beds in course of erection at Höchst am Rhein. The districts bordering on the lower part of the Rhine will be included in another chapter.

THE RUPPERTSHAIN SANATORIUM

is the successor of a small establishment at Falkenstein, founded by Dr. Dettweiler for the consumptive poor in 1892 with the help of the Frankfort Convalescent Association. This earlier sanatorium, which was merely an ordinary village house, was replaced in 1895 by a specially constructed building near Königstein in the Taunus Mountains, about forty minutes' drive from the older institution. The new sanatorium is at the head of a wide valley, with a south-easterly aspect, and is sheltered on three sides by mountains, for the most part covered with trees of various kinds. The soil, as at Falkenstein, consists of slate, gneiss, and porphyry; the climate is that of the Taunus district generally. The elevation is 400 metres (1300 ft.) above the sea-level. The grounds of $4\frac{1}{2}$ hectares (11 acres) are partly wooded with newly planted trees, partly meadow and cultivated land.

The sanatorium is built near the road in the form of part of a circle, with thickened ends (fig. 28), and has a basement, ground floor, first and second floors, and an attic floor within a steeply pitched and lofty roof. Projecting from the ends are two fresh-air galleries on the basement level, leading on to a terrace in front, with a view over the Main valley as far as the Odenwald. Behind the galleries on each side is a built-out pavilion, connected with the main

¹ *Heilst. Corr.*, July, 1898.

² *Ibid.*

block by a short corridor. The western pavilion contains the kitchen department; the eastern, the stables and wash-house.

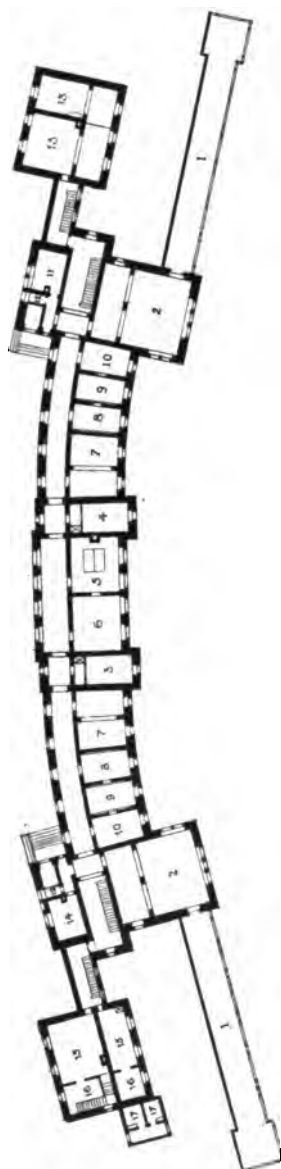
The basement (fig. 29) of the main block is occupied by cellars, heating apparatus, and bath and douche rooms on either side. The ends, which project slightly, contain two common rooms next the fresh-air galleries. On the ground floor in the centre are the rooms for the chief medical officer and the matron. Corresponding parts in the two next floors (fig. 30) are occupied by two large dining saloons. There are also a nurse's room and a small ward kitchen on each side and on each floor. The rest of the building on the south side is occupied with bedrooms. These open into well-lighted corridors, two metres wide, which have no other rooms to the north, excepting at the ends, which contain lavatories and closets, and in the basement also a mortuary.

The building was originally intended for seventy-five, the rooms being arranged for one, three, and five beds respectively. Owing to the pressure on their space, however, extra beds have been put in to the number of eighty-eight, so that there are now ten single-bedded rooms, the rest each containing four or six beds. Both sexes are admitted, the men being housed in the western half, the women in the eastern half, with separate sun galleries and dining rooms. There are large verandahs in front of the latter.

The building is heated by low-pressure steam. For ventilation, the windows are constantly left open, day and night. There are ingenious wooden shutters attached to the windows, worked from inside, which admit air while they exclude rain, and can also be arranged as sun blinds.

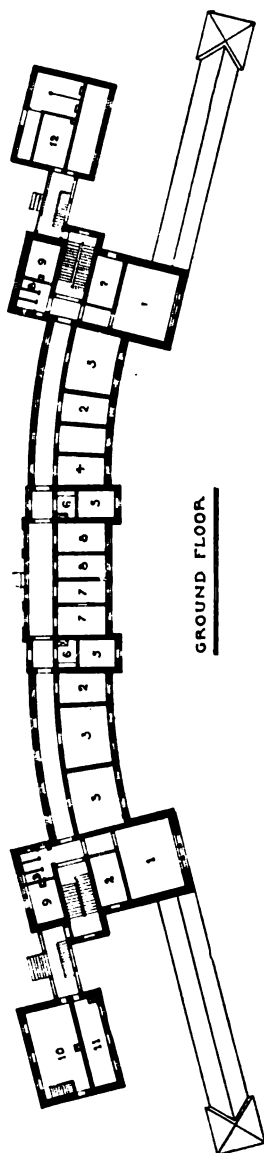
Only early cases are supposed to be admitted, but the medical officers, in their report, complain that many unsuitable cases are sent in. *Sputa* are received into Dettweiler's flasks, which are provided free of cost. The use of handkerchiefs for this purpose is forbidden. *Sputa* are afterwards mixed with peat powder and burnt. Linen is

FIG. 29.—RUPPERTSHAIN SANATORIUM.



BASEMENT

- | | | |
|-------------------------|--------------------|---------------|
| 1. Fresh-air Galleries. | 7. Cellar. | 13. Laundry. |
| 2. Sitting Rooms. | 8. Dressing Room. | 14. Mortuary. |
| 3. Cellar. | 9. Douche Room. | 15. Scullery. |
| | 16. Small Kitchen. | |
| | 17. Pigstye. | |



GROUND FLOOR

- | | | |
|-------------------------|-----------------------------|-----------------------------|
| 1. Large Dormitories. | 7. Matron's Rooms. | 10. Kitchen. |
| 2. Single-bedded Rooms. | 8. Medical Officer's Rooms. | 11. Servants' Hall. |
| 3. Larger Bedrooms. | 9. Bathroom and Lavatory. | 12. Coachman, next stables. |
| | B = Bathrooms. | [Face page 254.] |

disinfected by steam. Patients have the use of the public woods on the other side of the road. Their treatment is as at Falkenstein in all essentials (see p. 177). Smoking is forbidden.

Patients stay at least twelve weeks, if suitable. They pay 5 marks in the private rooms, 3 in the common rooms, or $2\frac{1}{2}$ when they come from one of the Frankfort sick benefit societies. They have five *meals* per diem. They are expected to make their beds, brush their clothes and boots, etc., or else pay 3 marks per month for attendance. There is a good water supply. Sewage is treated with peat mould; waste water disposed of by irrigation. The daily cost is 2·77 marks, of which 1·22 is for food. The average receipts are 2·50 marks, so that a deficiency remains to be made up by voluntary subscriptions, in which the Falkenstein patients share.

Dr. Nahm is the chief medical officer, Dr. Fohrbrodt the second medical officer.

In 1895-6, 249 men and 64 women were received. Of these, 179 men and 26 women came through various societies. The percentage of improvement amongst those who left the institution was 77·6.

The nearest station is Eppstein on the line from Frankfort to Limburg.

CHAPTER XL.

SANATORIA FOR THE PEOPLE IN SOUTH-WEST GERMANY.

SEVERAL large sanatoria are being erected in this part of Germany, some of which are nearly completed. Nuremberg is building a sanatorium in the Engelthal, near Hersbrück, for sixty patients; it is so planned as to be capable of extension to 100 beds, and is estimated to cost 276,000 to 280,000 marks.¹ Stuttgart has a convalescent home (*Neustädtle*) which receives consumptives amongst other patients, but is planning a separate sanatorium for 100 beds.² There is an open colony for consumptives at Reichelsheim in the Odenwald, utilised by the Hesse Darmstadt Insurance Company. A sanatorium is projected at Mühlhain in Rhenish Hesse Darmstadt.³ According to Kuthy⁴ a sanatorium is projected at Felsberg in the Odenwald for the city of Worms. Another sanatorium, for the city of Würzburg and Lower Franconia, is being built at Lohr in the Spessart. In the Palatinate there is a small sanatorium at Dannenfels for a large manufacturing firm of Ludwigshafen; and another for Speyer is being erected near Abbersweiler.⁵ In Alsace and Lorraine there is a project for the erection of a sanatorium for the city of Metz, rendered possible by a legacy of 150,000 marks from a lady.⁶ Saarbrücken is negotiating for the purchase of a site of 10 hectares (24 acres) in the *Stiftswald* at St. Arnual.⁷ In the Black Forest Dr. Baudach has for some years had a sanatorium of this kind

¹ *Das Rothe Kreuz*, 1897, No. 12.

² *Liebe*, *loc. cit.*

³ *Heilst. Corr.*, July, 1898.

⁴ *Loc. cit.*

⁵ *Loc. cit.*

⁶ *Das Rothe Kreuz*, Sept., 1898.

⁷ *Ibid.*

under his care at Schömburg, in addition to his private sanatorium. Another sanatorium was opened last year at Arlen by a local manufacturer for the benefit of his workmen. A large sanatorium is being built at Marzell on the Blauen for the Baden Insurance Company. Another is projected for "semi-necessitous" patients at Freudenstadt in Wurtemberg. Four gratuitous beds are said to exist at the Nordrach Sanatorium (see p. 190). In Bavaria a large sanatorium has just been completed at Planegg Krailling, and another of still larger proportions is being built for the Munich Town Council at Harlaching. There is also a project for the establishment of a sanatorium for Lower Bavaria at Maxhofen near Deggendorf,¹ and another is to be erected in the Bavarian forest for the poorer middle classes.²

THE DANNENFELS SANATORIUM.

The *Badische Anilin und Soda Fabrik* at Ludwigshafen, on the Rhine, are remarkable for the care which they take of their large staff of workpeople. They have over 4000 workpeople, whom they have provided with a number of model dwellings, a large restaurant where they can obtain meals below cost price, another dining hall where those who receive their meals from home may eat them in company of their wives and children; baths, lavatories and dressing rooms, with soap and towels gratis; a large free bath for the wives and children (who are not employed in the factory); a lying-in cottage; a school of cookery and household management for the daughters; a cottage hospital for women and children, and another for men; a convalescent home in the country, and a sanatorium for consumptives. In addition to this they have a system of premiums for long service from five years upwards; a savings bank; a sick fund, also open to those who are called out on military service; a fund for widows, orphans

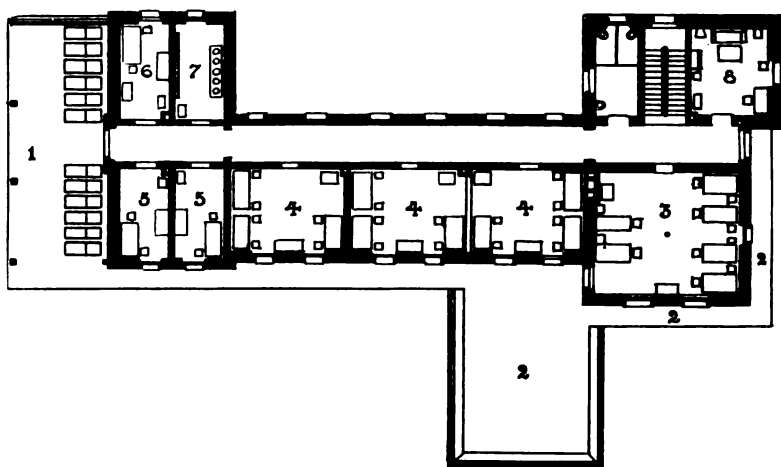
¹ *Das Rothe Kreuz*, Sept., 1898.

² *Heilst. Corr.*, March, 1898.

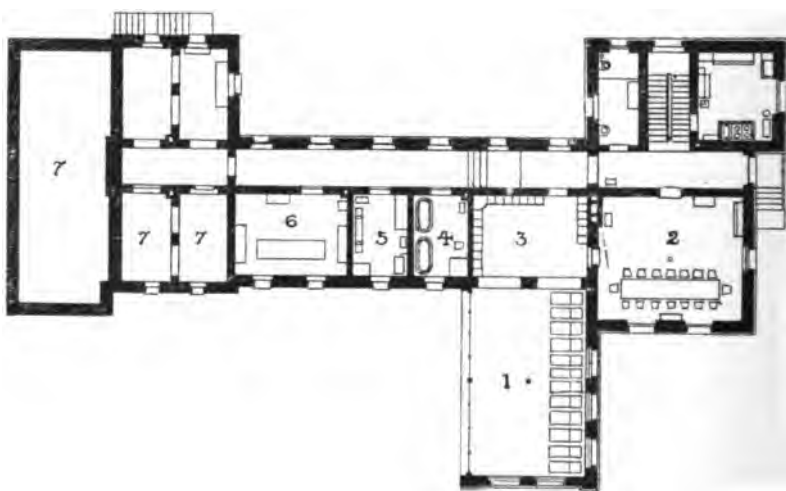
and invalids; and a pension fund for those over sixty years of age.

The convalescent home and the sanatorium for consumptives are both near Kirchheimbolanden in the Pfalz. We need only describe the latter.

It is situated at Dannenfels, at the foot of the Donnerberg, 400 metres (1312 ft.) above the sea-level, on 25 hectares (62 acres) of land, which is partly meadow and garden, partly covered with chestnut woods. It is on the eastern side of a hill, and is protected by woods to the north. The eastern end is a three-storey pavilion (fig. 31), with a ground floor, first and second floors and attics. From this extends a long two-storey prolongation, consisting of a single row of rooms on each floor, with a corridor along the northern side, and surrounded on the east, south and west by a balcony with two fresh-air resting places on a level with the first floor. One of these resting places (which has no roof) extends southwards over a built-out pavilion near the eastern end, 10 metres long by 6 wide (32' 9" \times 19' 8"). Under it is another shelter open to the west, and with windows to south and east, for use in cold weather. The other first floor shelter is somewhat larger, and occupies the western end of the building, on a level with the garden. The ground floor contains, in addition to the cold weather pavilion, a large dining room at the eastern end, a day room, bath room, doctor's room, ironing room and cellars; and on the northern side, the kitchen and administrative rooms at either end of the house. The first floor contains patients' rooms along the south side; office, staircase, lavatories, closets, and nurses' rooms on the northern side. In the second floor of the eastern end are two rooms for the matron and a reserve room; the attics being occupied by additional administrative rooms. There is altogether room for eighteen patients, six in one room, three each in three other rooms, and three in single-bedded rooms. There is also an outbuilding for cows, pigs, hens and laundry.



FIRST FLOOR



GROUND FLOOR

FIG. 31.—THE DANNENFELS SANATORIUM. [Face page 258.]

THE DANNENFELS SANATORIUM.

Ground Floor :—

- | | |
|-----------------------|-----------------------|
| 1. Fresh-air Gallery. | 5. Consulting Room. |
| 2. Dining Saloon. | 6. Ironing Room. |
| 3. Sitting Room. | 7. Cellars. |
| 4. Bathroom. | N.E. corner, Kitchen. |

First Floor :—

- | | |
|---------------------------------|-------------------------|
| 1. Fresh-air Gallery. | 5. Single-bedded Rooms. |
| 2. Open Platform. | 6. Nurses' Room. |
| 3. Room for six Beds. | 7. Lavatory. |
| 4. Rooms for three Beds apiece. | 8. Office. |

The sanatorium was opened in September, 1892, and remains open the whole year. It is under the care of a sister of the *Bavarian Frauenverein vom Rothen Kreuz*, and of Dr. Boyé of Kirchheimbolanden. Up to the end of 1895 fifty patients had been received, of whom ten were still in the establishment. They had received 7230 days of treatment, making an average of $144\frac{1}{2}$ days apiece. Patients now usually stay six months; and the results are stated to be notably better than with only thirteen weeks. Of forty who left, eight remain perfectly well, fifteen much better and able to work; sixteen were no better, and one died. About $\frac{1}{2}$ per cent. of the workpeople become consumptive. The building cost £7000 to erect; the daily cost is 4.15 marks per head, food alone 2.20 marks, doctor and drugs 55 pf.

Patients are treated on the usual lines. They do some of the light work when fit for it.

THE WÜRZBURG SANATORIUM

has been founded by the *Verein zur Gründung von Curanstalten für unbemittelte Lungenkranke* for Lower Franconia and Aschaffenburg, in the Lichterwald, near Lohr, in the Spessart, a district famous for its extensive forests of oak and beech trees, and will have thirty beds. Kuthy gives a description and plans in his book,¹ from which it appears that the sanatorium will have a basement, ground floor, first and second floors. The basement will contain various cellars and store rooms, together with kitchen and laundry. On the ground floor will be a dining room for the men at one end and one for the women at the other, with laboratory, consulting and drug room between, and bath rooms and rooms for servants behind. The fresh-air verandahs will diverge from the ends next the dining rooms, each forming an obtuse angle with the front of the building. On the upper floors there will be nurses' and

¹ *Loc. cit.*

linen rooms behind, and bedrooms in front, some single-bedded, some for three, others for four beds each.

The site is said¹ to have cost 20,000 marks, the estimated cost of the whole sanatorium amounting to 225,000 marks, of which the Insurance Company for Lower Franconia advance 70,000 marks for ten years at 2 per cent. There are at present twenty-two branch societies in the Sanatorium Society, with an income of nearly 120,000 marks.

THE SPEYER SANATORIUM

is shortly to be built on a wooded hill, 380 metres (1245 ft.) above the sea-level, near Albersweiler in the Palatinate. The society (*Verein für Volksheilstätten in der Pfalz*) has about 100,000 marks in hand, besides which the Insurance Society of the Palatinate will lend two-thirds of the estimated cost at low interest.²

THE SCHÖMBERG PEOPLE'S SANATORIUM

- was originally founded by Dr. Baudach, the owner of the private sanatorium described at page 196. It consists of the old sanatorium, together with a number of other houses in the village with which arrangements have been made. It now accommodates from sixty to sixty-five patients, mostly from the Wurtemberg and Baden, Alsace-Lorraine, Pfalz, and Hesse Darmstadt Sick Assurance Societies. There is an experienced married manager in charge. The patients are kept quite separate from those of the private sanatorium both in the woods and fresh-air galleries, but are otherwise treated in much the same way. Never more than three sleep in one room. The charges are 3 to 3½ marks per diem, or 4 in single-bedded rooms; there are also a few gratuitous beds. In 1896, 297 patients were received.³ For other particulars, see description of the private sanatorium (p. 196).

¹ *Das Rothe Kreuz*, 1st Oct., 1898.

² *Heilst. Corr.*, 1st July, 1898. ³ *Liebe*, *loc. cit.*

THE ARLEN SANATORIUM.

In the south-west corner of the Black Forest, in the Grand Duchy of Baden, to the south of Hohentwiel, is a small sanatorium for male consumptives in connection with the Heinrichs Hospital, both of which were founded by the factory owner, Commerzienrath Carl Ten Brink, for the benefit of his workmen, the hospital in 1888, and the sanatorium in 1897. Both are under the care of Dr. Weibel, and are chiefly intended for the cotton spinning and weaving operatives of Arlen, although others can also be received.

The sanatorium stands about 400 metres (1300 ft.) above the sea-level, in open country, at the foot of a mountain running from north-west to south-east, which shelters it from north and east winds. It has a fine garden of 1.2 hectares, and is surrounded by other gardens. It consists of one storey on a high ground floor, arranged in two symmetrical halves, for eight male and eight female patients. On each side are a large day room, one dormitory for four beds, two rooms with two beds apiece, and a lavatory. The bedrooms have an average space of 48 cubic metres (nearly 1700 cub. ft.) per bed. There are a common dining room, kitchen, matron's and doctor's rooms, and two bath rooms. On the south side of each half is a large verandah, and smaller ones to east and west, besides a long covered walk in the garden. The building is heated by warm-water pipes and lighted by electricity. Every room has a chimney for ventilation. The walls are enamel-painted. The sewage is carried into a neighbouring stream. *Sputa* are poured into the water-closets without disinfection. Linen is purified by steam disinfection.

Although mainly intended for consumptives, it is not reserved exclusively for such patients. The douche is not used, but other forms of hydrotherapy are employed. Specific and stimulating remedies are administered when advisable, but no cod-liver oil. Five meals per day are provided; alcohol being given when specially ordered by

the doctor. There are two female and one male nurse. Patients pay $2\frac{1}{2}$ marks per day.

The nearest station is Arlen-Rielasingen, on the line from Singen to Winterthur. Singen is a junction on the line from Cassel, and that from Basel to Constanx.

THE MARZELL SANATORIUM.

A sanatorium is projected for the *Baden Invaliditäts Versicherungs Anstalt* at Marzell on the Blauen, 840 metres (2750 ft.) above the sea-level, at an estimated cost of £33,000, exclusive of electric lighting, and of £4200 for the furnishing. Of this amount the State gives £2500, and an annual subvention of £500.

The projected building will be 87 metres long and 10 metres deep. Bath and inhalation rooms, ironing room and laundry, and the heating apparatus will be placed on the ground floor. There will be 108 beds, for men only, on three floors, eighteen rooms containing four each, sixteen being double-bedded, and four single-bedded; the cubic space for each of these sets of rooms being 27·60, 28, and 56 cubic metres (975, 989, and 1978 cub. ft.) respectively. On the north side will be lavatories, closets and a day room; and in the outbuilding, cellars with the porter's rooms. On the first floor will be rooms for the medical officers, laboratory, the office and the kitchen. On the second floor, rooms for the matron and linen maid, linen rooms, dining saloon and bedrooms for the staff. On the third floor, chapel, library and guest rooms for the officers of the insurance society. In front of the ground floor will be a deep verandah for 100 places. The building is to be solidly built, and provided with central heating and electric light. The soil pipes will end in iron receptacles accessible on all sides. The floors in the rooms will be covered with linoleum, in the corridors paved with "Mettlacher Platten". There are also to be a doctor's house, laundry, stables and an ice cellar.¹

¹ Liebe, *loc. cit.*



FIG. 31*.—THE KRAILLING SANATORIUM.

[Face page 283.

The Baden Sickness Insurance Company in 1894 had 1398 cases, of which 546, or 39 per cent., were phthisical or threatened with consumption.¹

THE KRAILLING SANATORIUM,

which has just been built by the Sanatorium Society of Upper Bavaria to the west of Planegg, is intended for the reception of consumptives of the male sex. Besides working men belonging to the sickness insurance societies (especially that of Upper Bavaria), it will receive private patients of the industrial and commercial classes—shopkeepers and the like—at low fees; and a number of separate rooms with one or two beds each have been provided with this object. The Sanatorium Society itself, which is under the protectorate of H.R.H. Prince Ludwig of Bavaria, was mainly established through the efforts of Prof. v. Ziemssen in 1895. Amongst the most prominent supporters has been the Baroness Hirsch, who gave a donation of £5000.

The sanatorium stands in a wooded neighbourhood on gravel soil 557 metres above the sea-level, and has an area of 16½ hectares (40 acres) belonging to it, laid out in a variety of paths. It consists of a main building with diverging wings, connected by a subterranean passage about 200 feet long with a subsidiary block. The main building has a basement, ground floor, first and second floors. In the basement on the north side are the kitchen, scullery, and larder. Next to the latter, in the angle of junction between the centre and the western wing, is the ice cellar. Electric ventilation shafts go from the kitchen to the highest point of the building, and lifts to the serving room and to the tea kitchens on the upper floors. To prevent the entrance of cellar air into the upper floors there are no cellars under the parts occupied by the patients, and the cellar stairs do not lead into the shaft of the main staircase but into the open air. In the middle of the ground floor on the south side is the large dining saloon, with a serving room

¹ Kuthy, *loc. cit.*

and servants' dining room to one side and a reading room to the other. The dining saloon is also used as a day room. In the wings are two fresh-air galleries, with room for forty couches. Behind the western wing is a corridor with a number of rooms for the sisters ; and in the angle above the ice house is the Catholic chapel. The corresponding angle on the eastern side is occupied by a Protestant chapel. Behind the eastern wing is a corridor with laboratory, consulting and waiting rooms, and separate bath rooms for the patients, the medical staff and the sisters, as well as a douche room. Part of the corridor is used as a dressing room. To the north of the centre block, behind the dining saloon, is the main entrance, with a visitors' room on one side and two rooms for the house master on the other. Outside these are water-closets, and outside these again, rooms for clean and dirty linen, separated from the two chapels by the main staircases.

The first floor contains patients' rooms on the south side, and at the back of the centre block a committee room, lavatory, tea kitchen, and another large room, besides the water-closets and linen rooms, as on the floor below. The second floor is somewhat similarly arranged. The patients' rooms have an average air space of 38 cubic metres (1340 cub. ft.). Those in the second floor in the wings have mansard windows. As originally planned, there were two rooms with five beds, fourteen with four beds, four with three beds, fourteen with two beds, and eight with one bed apiece ; but 120 can actually be accommodated in the building. The linen rooms are so arranged that dirty linen can be sent down from each floor on one side of the building by a lift into the basement, and clean linen be drawn up by another lift on the opposite side. The building is heated by low-pressure steam, and lighted by electricity. The outbuilding contains in the basement the disinfecter with two approaches and bath, another bath room for servants, heating apparatus and cellars. On the ground floor are the washhouse, stables, cowsheds, workshop, tool-house, laundry,

engine and dynamo for electric light, mortuary, and common room for men servants. Above are the servants' bedrooms, in addition to hay loft and dry room, the latter with lifts to the disinfecting room and the laundry.

The treatment is on the usual lines. The douche is regularly employed, cod-liver oil and specifics when required. *Sputa* are destroyed by burning.

There are ten nursing sisters. Dr. G. Krebs is the medical officer. Patients pay 3½ marks per day.

The sanatorium is twenty minutes' walk from the Planegg station on the line from Starnberg to Munich, which is distant two hours by rail.

THE HARLACHING SANATORIUM

is being built by the Munich Town Council for convalescents of both sexes, including consumptives, and will probably be opened early in 1899. Situated in 10 hectares (24 acres) of ground, it is surrounded by woods to the south, west and east.

It is to be a large two-storey building, 350 feet long, and nearly 130 wide, with a southerly aspect, and separate administrative block to the north. The latter has been arranged to provide for 500 patients, but the sanatorium will at first accommodate from 200 to 250. The sexes are separated by a division through the building, garden and park, with separate open fresh-air galleries and resting places. The entrance is behind; in front will be a large lawn, and vegetable gardens to the sides of the grounds. Next to the entrance are rooms for the porter and the physician on duty. There will be a separate staircase on each side, as well as one in each wing; also a couple of lifts for patients and others for food. On either side of the main entrance will be a dormitory with twenty beds. In the first and second floors will be other dormitories for twelve beds apiece, besides single-bedded rooms and large open covered balconies well protected from wind by the projecting wings. A chapel and a saloon for Protestant

cent. of the visitors, so that it has been somewhat altered in character to suit their requirements. The climate is very good for this purpose, being cool and sunny in summer, dry and cold in winter. It is less pleasant in April when the snow melts, and in autumn which is foggy; but the true winter and the months of February, March and June are especially pleasant. The temperature ranges in winter between 28° and 12° F., with a daily variation of 3° to 11° , and occasional drops below zero. The summer temperature ranges from 46.4° to 53.6° , with a very regular daily variation of 3° to 5° . The usual maximum is about 68° in June or July; the lowest recorded temperature was— 16.6° , the highest 80° . The relative moisture is from 85 to 95 per cent. in winter, 70 to 85 per cent. in summer; with more in March and April. There are about 135 rainy or snowy days, and thirty to forty cloudy or foggy days per annum. There is very little wind, especially in winter. The climate, as a whole, has been compared by Dr. Andvord to that of Wildbad; April, May and June he likens to the winter of Meran; the rest of summer and the autumn to the winter of Pau; the winter to that of Davos. There are six months of continuous snow. The sanatorium lies in a hollow in Tonsaassen Mountain, which separates Valdres from Etnedal. The mountain rises to a height of 2625 feet, the sanatorium being 625 metres (2050ft.) above the sea. The ground forms part of a plateau which is surrounded to the west, north and east by heights of 4900 to 6500 feet, and gradually drops to the south and east towards the great lakes and sea coast. The soil belongs to the Cambrian system, and consists of slate and blue quartz. The latter is somewhat barren, and, being much fissured, dries rapidly after heavy rain.

The sanatorium owns 3250 acres of land, mostly pine woods provided with paths at various gradients and many seats. It consists of a curhaus, six other buildings, doctor's house, bath house, bakery, outhouses, etc. (fig. 32), mostly arranged round the head of the little valley. The chief building has an external staircase, and contains a dining room, music

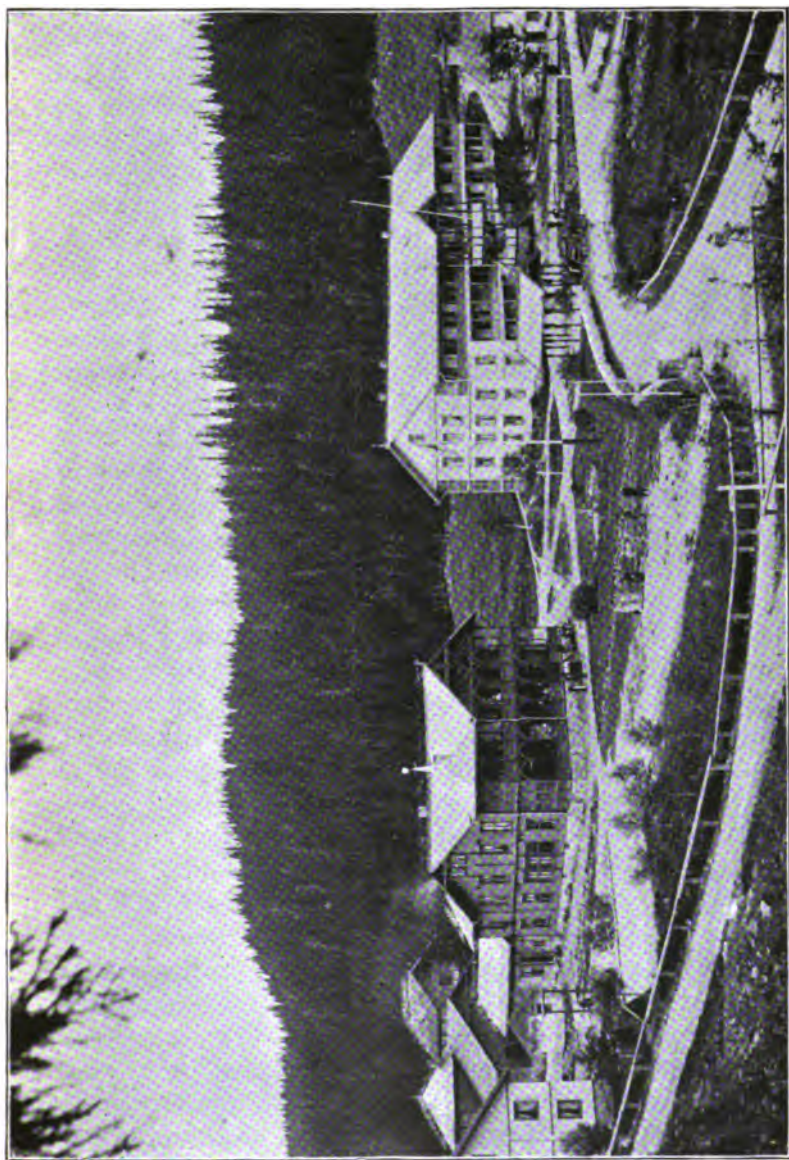


FIG. 32.—TONSAASEN SANATORIUM.

[Face page 268.]

room, conversation room, etc., on the ground floor; it is heated by open fires burning wood. The dining room is 11×10 metres (36×32 ft. 9 in.) and $3\frac{1}{2}$ metres ($11\frac{1}{2}$ ft.) high; the drawing room of the same size, but 6 metres ($19\frac{3}{4}$ ft.) high. There is accommodation for ninety patients in summer, thirty-five to forty in winter. Very few of the summer rooms have stoves; the others have closed stoves. The bedrooms are in four different buildings, so that four tariffs can be observed. In one of the buildings no tuberculous patients are admitted; in the other buildings some rooms are used exclusively for tuberculous, others exclusively for non-tuberculous cases. The rooms in one building are 4.5×4.1 metres and 3.3 high ($14\frac{3}{4} \times 13\frac{1}{2} \times 11$ ft.). The rest are about $4.4 \times 3.5 \times 3$ metres high ($14\frac{1}{2} \times 11 \times 10$ ft.). There are verandahs or balconies on every floor. The furniture is simple. The lighting is by electricity. Ventilation by open windows, day and night, summer and winter. There are said to be good water-closets and baths. The waste water is carried into a brook. In winter the sewage is covered with earth.¹

The establishment is open throughout the year. It was built in 1881, and has been a winter station since 1885. No advanced cases are admitted. Treatment is by open air, in the verandahs or balconies, or in the pavilions in the woods. Patients who are fit for it take plenty of exercise. There is a very complete apparatus for hydrotherapy, with vapour baths, needle baths, ferruginous, hot and cold baths, etc. Patients in summer have friction with water at 15° to 20° C., or douches. In winter, dry friction and partial ablutions are substituted. Five or six *meals* are provided daily, with alcohol in great moderation. Cod-liver oil and specifics are little used. The *sputa* are put into a cask with sol. of ferrous sulphate, and after a month are burnt. Patients bring their own bedcovers and pillows. Mattresses are disinfected by brushing with 2 per mille corr. subl., followed by solution of washing soda. Rooms are

¹ Möller, *Les Sanatoria*.

CHAPTER XLII.

RUSSIAN SANATORIA.

UP to 1892 there were two sanatoria in Russia for consumptive paying patients, one at Halila in Finland and another at Lindheim in Livonia. The first of these however was transformed by the late Emperor Alexander III. into a popular sanatorium, and two others built in the same grounds respectively for girls of the upper classes who show consumptive tendencies and for military men. There are at present, in addition to the above, sanatoria for paying patients at Slawuta in Volhynia; at Yalta in the Crimea; at Oranienbaum near Peterhoff, opposite Cronstadt, for patients with but moderate means; and a number of koumiss stations on the Volga and near the Steppes; while a new sanatorium for paying patients is to be erected under Dr. Masing at Willmanstrand on the Saimansee in Finland.¹ The sanatorium of Slawuta is near Ostrog on the Goryn, and has 100 beds, but is only open in summer. For the poorer classes a sanatorium has been founded at Taitzi on the Baltic by the present Emperor; consumptive patients are also received at the Obouchowsky Hospital at St. Petersburg (for 100 men and fifty women), the Alexandre Hospital in the same city (for fifty men and fifty women), the Alexandrina Hospital (for fifty women); and "House Sanatoria" have been established for the fresh-air treatment of consumptives at the Military Hospital of Zarskoje Selo under Dr. Unterberger, at the Hospital of the Grand Duke Nicholas at Kief, and at Wola near Warsaw under Dr. Natanson; while other sanatoria are to be erected near

¹ See Liebe, *Hyg. Rundsch.*, 1896, No. 20.

Moscow and at Mustamakki in Finland.¹ The Duodecim Society of medical men in Finland has recently decided to erect a sanatorium for fifty to sixty patients. It is estimated to cost 50,000 to 75,000 rb., to be covered by shares of 100 rb. each.² The Rachmanow family in Moscow has made a donation to the city of 200,000 rb., part of which is to be for the erection of a sanatorium of at least 100 beds, while the interest on the rest is to be spent in the support of free beds in the sanatorium. The city of Moscow is expected to pay for the maintenance of the institution, and to provide a suitable site.³

A society has been formed in St. Petersburg for the erection of sanatoria for tuberculous children; 22,000 rb. have been collected.⁴ Countess Bariatinsky has recently founded a gymnasium or school in Yalta for sixty children who have to live in the south owing to delicate health.⁵

Collections are to be made twice a year in all the churches of St. Petersburg for the erection of sanatoria. The first collection yielded 1200 rb.

RUSSIAN SANATORIA.

		Feet.	Beds.
Lindheim	Livonia	300	12
Quisisana, Yalta	Crimea	200	? 36
Alexander, Halila	Finland	—	32
Maria "	"	—	25
Nikolaj "	"	—	100
(Willmanstrand)	"	—	—
Slawuta	Volhynia	—	100
Oranienbaum	Baltic	—	—
Taitzi	"	—	40
(Moscow)	"	—	100
Zarskoje Selo (House San.) . .	"	—	—
Kief "	"	—	—
Wola (Warsaw) "	"	—	—
Obouchowsky Hospital	St. Petersburg	—	150
Alexandre "	"	—	100
Alexandrina "	"	—	50

¹ Kuthy, *loc. cit.*; see also Léon Petit, *loc. cit.*; Sonderegger, *Heilstätten für Brustkranke in der Schweiz*, St. Gall, 1894.

² *Heilst. Corr.*, Aug., 1898. A rouble is worth about 2s.

³ *Ibid.*

⁴ *Ibid.*

⁵ *Ibid.*

LINDHEIM SANATORIUM,

in Livonia, was originally a boarding school, but was acquired by Dr. Armin Treu in 1895, and opened as a sanatorium for middle class consumptives. It consists of two wooden buildings, with one and two floors respectively, standing in a garden of 5 hectares (12 acres), nearly 100 years old, and wooded with oaks and other deciduous trees. There are altogether 75 hectares (185 acres) of land belonging to the sanatorium. The soil is of granite and sand without any admixture of clay, so that it rapidly dries after rain.

The sanatorium stands 300 feet above the sea-level, in a plain traversed by the little river Waidau, and surrounded by pine woods to the west and south, and by mountains to the north and east. The sanatorium is said to be warm, and comfortably though not luxuriously furnished, heated with Russian stoves, lighted with petroleum, and provided with special ventilators. The dining and reading rooms cover an area of 96 square metres (1033 sq. ft.), and are 3 metres (9 ft. 10 in.) high. The bedrooms, which are mostly in the two-storey buildings, are $3\frac{1}{2}$ metres (11 ft. 6 in.) high, and vary from 16 to 48 square metres (172 to 516 sq. ft.). For open-air treatment there is a large verandah open only to the south. There is at present accommodation for twelve patients, but Dr. Treu intends to buy the property and completely transform the establishment, increasing the accommodation to twenty-four.

The sanatorium is intended for consumptives in remediable stages; but healthy attendants or friends are also admitted. The treatment is by hygienic methods. The *food* is said to be abundant, with good plain cooking. Wet and dry rubbing are practised, but the douche is not employed. *Sputa* are received into Dettweiler's flasks. The contents are disinfected with FeSO_4 , and poured into the water-closets. The sewage goes into a cesspool. Linen is purified by boiling; rooms by thorough washing, rubbing

with bread, and application of corrosive sublimate solution. Creosote, Kleb's antiphthisin and Kochs' tuberculin are employed in suitable cases. Cod-liver oil is not given. There is a nurse in the building who has been trained by Dr. Treu.

The charges are 50, 60, and 75 roubles per month. If two persons share one room, the first pays the full price, the second 50 roubles per month. For healthy attendants there is a reduction of 10 roubles. For extra nursing 40 roubles are charged in addition. Other extras are beverages and expensive drugs. Patients bring their own bedding and body linen; also a rubbing glove, a fur covering for winter, with fur cap and felt boots to the knees. They buy their own Dettweiler's flask and thermometer.

The sanatorium may be reached by carriage from Werro, which is connected with St. Petersburg by rail.

Kuthy (*loc. cit.*) mentions a sanatorium at Lindenhof for thirty patients. This is probably the same as the above described establishment.

QUISISANA.

This is a sanatorium not specially for consumptives, but admitting such patients in early stages. Situated in a suburb of Yalta, in a bay on the Black Sea coast, it is protected to the north, west, and partially to the east by the Yaila Mountains, which rise to a height of 5000 feet. The soil is slate, quartz, crystalline limestone and marble, mixed with clay, diorite, etc. The sanatorium is 200 feet above the sea-level, with a view of the sea to the south. It stands in a terraced garden of one-third acre, next to a wood of 7 acres; and all the neighbouring houses are also surrounded by gardens. The grounds are on the mountain side, and are laid out with paths of various gradients.

The sanatorium, which was founded in 1886, consists of several buildings, one of which is a wooden structure with seven rooms and four verandahs and balconies, the others being solidly built of stone. Higher up is the main block,

which is built in two storeys and contains twenty-four bedrooms with seven verandahs and balconies, the dining room and drawing room. Still higher is the doctor's residence, which contains the bath room, laundry and kitchen department, in addition to ten bedrooms with three verandahs and balconies. A little way off are the stables, cowsheds, etc. The verandahs have for the most part glazed sides and open fronts. The average air space in the bedrooms is 1104 cub. ft.; the common rooms collectively contain 7000 cub. ft. There are no ventilating chimneys, but double ventilation for winter and summer, admitting fresh air through open windows or warmed air next the heating apparatus. This consists of Warsaw porcelain stoves with hermetical seal and chimney. Throughout the winter every window is opened while the patients are at meals. The lighting is by stearine candles and petroleum. There is room for thirty patients. As a rule only one sleeps in each room, but exceptionally two or even three may sleep together.

The *sputa* are disinfected with carbolic solution and then poured down the water-closet. Linen of healthy patients is washed at home; of those who are ill by the public laundries, which also disinfect by steam. Rooms are disinfected on the departure of each patient by the public health authorities, and repapered and repainted of a different colour, mainly to give confidence to the visitors, the floors being washed and disinfected with sublimate solution and then treated with beeswax and turpentine. The solid sewage and kitchen refuse are removed every day and carried out to sea by a special steamer. The liquid sewage is carried along the seashore in ventilated sewers.

Patients in the third stage are not admitted, nor as a rule any which require nursing. The treatment is by open air, good food and the like, but not by the Brehmer methods. Dr. Weber seeks to make the place a home, and to banish everything suggestive of a hospital or sanatorium. He is present with his family at all meals, and treats patients more as members of the family. He constantly endeavours

to impress upon them the very feeble infective power of tubercular consumption, and organises concerts, private theatricals, etc., in which both patients and the members of his own family take part. A masseuse lives in the house; other nurses are obtained from the Red Cross sisters in case of need.

The charges are 70 to 90 roubles per month, and 10 roubles for medical attendance.

Yalta may be reached from Sebastopol by steamer and carriage.

THE SANATORIA AT HALILA.

A sanatorium was founded in 1889 by Dr. Dittmann at Halila in Finland for the reception of paying phthisical patients. It was however bought by the Russian Government by command of the Emperor Alexander III., and converted in 1892 into a popular sanatorium for the same purpose. Two other sanatoria have since been erected on the same ground. These three sanatoria are called respectively the Alexander, the Maria, and the Nikolaj. The ground belonging to these sanatoria consists of 1000 hectares (2471 acres) of wood and moorland near the Halila lake; and has no large towns or factories near it. Walks have been laid out at various gradients provided with seats at every 50 metres. There are already a great many such paths, but the number is being added to every year. There are altogether some twenty buildings on the ground, including the three sanatoria, which are under common management.

THE ALEXANDER SANATORIUM

consists of a pine-wood structure on a granite foundation in the shape of a T, with ground floor and first floor, and contains thirty-eight rooms for thirty-two patients. Most of these rooms are east and west of a wide corridor which leads on to an open verandah on the south side, or on to balconies above it. The bedrooms are $4\frac{1}{2}$ metres ($14\frac{3}{4}$ ft.) high and $8 \times 5\frac{1}{2}$ metres (26×18 ft.); and have chimney

shafts for ventilation. Their walls are of varnished pine-wood, the floors covered with linoleum. The furniture is of white enamelled pinewood. There are also common rooms, a music room, a reading room, billiard room, and winter and summer dining rooms, as well as two bath rooms, douche room, consulting room, and a laboratory with chemical, bacteriological, histological and microphotographic apparatus. The kitchen department is united by a warm corridor with the rest of the building. There are balconies to the north as well as south. Heating is by Swedish porcelain stoves; lighting by electricity. There is an abundant water supply, which is mostly pumped up by a steam engine from the Halila lake into two highly placed reservoirs, the drinking supply being stored in a third reservoir. This water supply is common to all three sanatoria, and is capable of supplying from 60,000 to 90,000 litres per diem, or from 400 to 600 per head. The water-closets are of English pattern, with powerful spiral flush, and carry the sewage through earthenware pipes to a small lake adjoining the property, where it is purified by filtration through sphagnum, the solids being put on to the fields.

Patients receive four *meals* a day, in addition to milk or other supplementary food. They spend most of the time out of doors from 8 A.M. till 10 P.M. Morning and evening they are treated with douches, baths and massage. Wet compresses are much used. *Sputa* are received into Dettweiler's flasks, random spitting being strictly forbidden. Spittoons containing water are also used. The bed and body linen, which with handkerchiefs, etc., is provided by the patient, is disinfected by steam before being washed. There is a good library with newspapers, etc.; patients also amuse themselves with piano, chess, photography, etc.; and in winter there is sledging. They are also encouraged to do light work in the garden; and a bookbinder's apparatus is to be set up for them. Dr Gabrilowitsch is the chief medical officer.

In 1895-6, 109 patients were treated, 43 per cent. being

in the first and 47·7 per cent. in the second stage. Of these 19·3 per cent. were apparently cured, an additional 54·1 per cent. were improved; in 18·3 per cent. there was no result, and 8·3 per cent. died.

The mean duration of stay was 219 days. The results in winter were on the whole more favourable than in summer. The charges are from 1½ to 2 roubles per day.

THE MARIA SANATORIUM,

which was founded in 1893, is intended for children who have a predisposition to consumption, and especially for the girls of the schools for the nobility who may show such tendencies. The sanatorium contains thirty-five rooms, for twenty-five patients, all placed on the south side of the building, a long, wide, airy, glazed corridor being placed to the north and used in bad weather for walking exercise. The rooms resemble those in the Alexander Sanatorium, but are rather more luxuriously furnished. They have air-shafts for the foul air, and also means of warming the incoming air. The flooring is of parquet. Heating is by Swedish stoves, lighting by electricity, and the sanitary arrangements are like those of the Alexander Sanatorium, but rather more complete. The walls in the kitchen and bath rooms are tiled, the kitchen being placed in the ground floor. The lower floors and the walls have been built with damp-proof courses.

THE NIKOLAJ SANATORIUM

was built in 1895 by the Grand Duchess Alexandra Josselowna for the military classes. It is built on the plan of Hohenhonnef (see p. 182), in three storeys, and has 120 rooms for 100 patients. The front has a southerly aspect, and is provided with three tiers of fresh-air galleries and diverging wings. The large dining saloon is over the kitchen in a separate block to the north, united to the main building by a vestibule and winter garden. The walls and ceiling are of varnished wood, the floors covered with

linoleum. For ventilation there are separate air-shafts and fans, with electromotor. The heating is by low-pressure warm-water pipes. The foundations have a damp-proof course, the electric lighting, water supply, and sewerage being part of the same system as in the other two sanatoria, and the rooms of the same size. Dirty linen is put into numbered sacks and sent down a linen shoot into the basement to be disinfected and washed.

This establishment is not far from Novajakirka, on the branch railway from Viborg to St. Petersburg.

THE TAITZI SANATORIUM.

Early in 1895 the Society of Medical Practitioners in St. Petersburg made a report on the need for sanatoria for the consumptive poor, and appealed to the public for funds. Plans and estimates were prepared, and ultimately a society was formed under the presidency of Countess Woronzova-Dashkova, and the high protectorate of the Empress Maria Theodorovna. Soon after the Emperor Nicholas II. sent a contribution to the society of 467,000 roubles (nearly £50,000) for the erection and maintenance of a sanatorium in memory of the Empress Maria Alexandrovna, who was herself a victim of consumption. He also made them a gift of his property of Taitzi, near Gatschina, on the Baltic coast, about twenty-five miles from St. Petersburg. This place has long been famous for its magnificent park and its sheltered situation, and contains 22 dessiatinen (630 acres) of arable land, gardens, meadows, and woods. In 1896 extensive alterations were made at the cost of the Department of Imperial Properties, the land being drained, the mill removed, a pond filled in, water-courses cleansed, and their banks turfed. The old stone castle has been fitted for the accommodation of twenty patients, while other buildings have been altered to receive the doctor, nursing staff, and servants. Verandahs have been constructed on every side of the sanatorium, and there is also to be a solarium on the roof. A new building is also being

built for twenty female patients; and a laboratory, disinfecting chamber, electrical apparatus, laundry, and chapel are also being added. The china has been sent from the imperial factory.

MILITARY HOUSE SANATORIA.

These have been chiefly advocated by Dr. S. Unterberger, who was the first to establish one at the Military Hospital of Zarskoje Selo, near St. Petersburg. Dr. Unterberger is not a believer in the common causation of phthisis in all its forms by the tubercle bacillus, but is of opinion that many scrofulous inflammations of bones, joints, glands and lungs are non-bacillary, and due to inherited predisposition: "a constitutional disease, and a specific, still unknown ailment of the lymphatic system; just as hæmophilia and arteriosclerosis are special ailments of the muscular system". Unterberger believes this tendency to be greatly encouraged by defective nutrition, noxious micro-organisms, such as the streptococci, staphylococci, micrococcus tetragonus, etc., and that the tubercle bacillus may secondarily attack such lesions. This view is, it appears to me, of more theoretical than practical importance, as in any case treatment would be directed against constitutional debility, and sputa disinfected by the usual methods.

Dr. Unterberger started his House Sanatorium as follows: A large airy room was chosen with a southerly aspect, and a number of rooted young fir trees placed in it in tubs of wet sand. These were sprinkled daily with pulverised solution of *ol. pini sylvestris*, *ol. terebinth* and water. The fir trees retain their needles for about six weeks, when they are replaced. Patients sleep in these rooms, and in other respects are treated according to the Brehmer-Dettweiler methods.

Dr. Unterberger has published statistics showing that out of 128 patients 8·6 per cent. were restored to comparative health, while 38·3 per cent. more were improved; a result which he states is much better than is obtained

THE AROSA SANATORIUM.

Arosa is a small hamlet in the Upper Engadine, in the canton of Grisons, about six hours' drive from Chur. The road ascends the valley of the Plessur in an easterly direction as far as Langries, where it takes a sharp turn to the south-west as far as Arosa. The Arosa valley itself forms a long oval, surrounded on all sides by snow mountains, and rises from 1750 to 1892 metres above the sea-level. It is divided by the Tschuggen mountain on the north into an upper and a lower part; and its sides are clothed to a height of about 1900 metres (6200 ft.) by pine woods, broken by two fine lakes.

The climate is Alpine, with a dry diathermanous atmosphere, much sunshine, little or no dust, and a low barometric pressure. Owing to its position among high mountains, it is little affected by strong winds; but is kept fresh and clear by local winds of great regularity. The prevailing day wind in winter is westerly, at other seasons easterly; while at night the cool mountain air flows down into the valley from the north. Excepting when the *Föhn* blows, however, there is no strong wind, so that low temperatures can be comfortably borne. As in all Alpine climates, there are considerable daily and seasonal differences of temperatures; although these are diminished by the abundant vegetation. In winter the minimum and mean temperatures are about 2° C. higher than at Davos; while the amount of sunshine is greater. In summer Arosa is a little cooler than Davos, but has a larger proportion of cloudy days. Altogether the climate of Arosa is regarded by Dr. Ewart as more stimulating than that of Davos.

The sanatorium is situated on the northern side of the Arosa valley, and is sheltered to the north by the Tschuggen, to the east by pine woods and the approximation of the mountains; while it is open to the south and west, and so receives a large proportion of sunshine. It is 1856 metres



FIG. 33.—THE AROSA SANATORIUM.

[Face page 285.]

(6090 ft.) above the sea-level, and 120 metres above the bed of the Plessur, and was built in 1887, and extended in 1895. It is isolated from other buildings by private grounds, which are provided with a few horizontal paths and a larger number at gentle slopes, all plentifully provided with seats. Some of these walks are over sunny meadows, others through the woods. The view to the south is over meadows which rise to naked peaks in the distance; to the west are wooded mountain sides. Owing to the steepness and the permeable soil, the ground soon dries after rain and during the melting of the snows.

The sanatorium consists of an old and a new curhaus side by side, and a separate building for laundry and disinfection. The ground floor of the old curhaus (fig. 33) is mainly occupied in front by drawing room, music room and reading room, behind by the kitchen department. In front of it is a deep verandah, protected at the eastern end by the projecting music room, and ending at the western end in a pavilion. On the ground floor of the new curhaus, which stands back about 10 metres, are a ladies' room, offices, vestibule, waiting room, consulting room and laboratory; and on the south front another verandah. Uniting the two buildings is a large dining saloon, which covers 160 square metres (1722 sq. ft.), and is 6 metres (19½ ft.) high. Each building has a terrace in front of it, and at a lower level a *liegehalle*. The united south front measures 105 metres. There are two upper floors in the new kurhaus, and three in the old, which are occupied by bedrooms. Originally opened with thirty-two beds, there are now sixty-five. Most of the bedrooms have at least one window to the south, and are of good size; some have separate balconies. Every room is lined with wood, and has linoleum-covered floors. The electric light is used throughout the establishment. Heating is by solid closed stoves in the old building, by low-pressure steam in the new. There is a private water supply, and good flush to the water-closets, which are placed in built-out pavilions near the staircases

disadvantages which inevitably exist in a fashionable health resort, where many consumptives congregate together with a mixed population of tourists and invalids. Facilities abound for skating, tobogganing, sledging, snowshoe running and the like ; also for more objectionable concerts and entertainments in crowded places. Many of the consumptives there are scarcely, if at all, under medical control, and are apt to disregard the directions of their medical advisers, to their own hurt and possibly to the disadvantage of others.

There are a number of hotels and pensions, some of them very well arranged, and possessing many of the structural features of medical sanatoria, but without their medical control and attention to details of management. Most of these hotels charge from 7 frs. 50 c. to 14 frs. per day ; in the pensions the terms are from 1 to 2 frs. less. The sanatoria proper consist of (1) Dr. Turban's sanatorium, (2) Dr. Philippi's new sanatorium at Davos Dörfli, (3) a sanatorium for the poor of Basel, (4) one for poor consumptives of Dutch nationality ; we may perhaps add (5) the Diakonissen-Haus, a private nursing home for advanced cases, and (6) the Villa Pravignan, which is a similar institution exclusively for Roman Catholics.

DR. TURBAN'S SANATORIUM

is situated on the south-west of Davos Platz on the mountain side at an altitude of 1573 metres (5160 ft.) above the sea-level. Sheltered by mountains and forest to the north, it has a fine view to the south and south-west over meadows and the town of Davos to the mountains beyond. It has a garden of 7 hectares (17 acres) with walks at gentle gradients, adjoining the grounds of the Kurverein, to which patients have access on payment of a subscription. In these grounds "the paths are somewhat steep, and insufficiently provided with seats, while in summer there is too little shade".¹

¹ V. Jaruntowsky, *Sanatoria for Consumptives*, trans. by E. C. Beale London : Rebman Publishing Co.

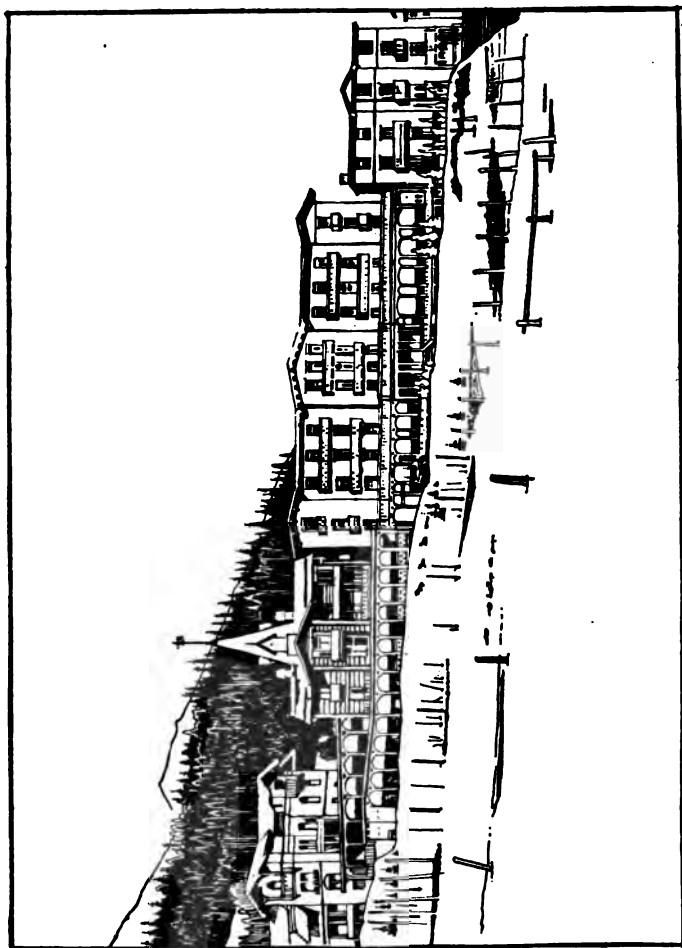


FIG. 34.—DR. TURBAN'S SANATORIUM, DAVOS, SWITZERLAND. [*Face page 289.*]

The sanatorium, which was built in 1887 and enlarged in 1894, is situated at the lower or south-east corner of the garden, and consists of four buildings (fig. 34) united by covered passages, and an isolated villa for the chief medical officer and the managing director. The main building is a long erection on four floors, with a basement, having a covered verandah in front of the ground floor, and open balconies to the other floors. In the basement are the administrative rooms and cellars, the laundry, disinfecting and heating apparatus. On the ground floor is a large dining saloon, 15 × 10 metres (49 ft. × 32 ft. 9 in.) and 5½ metres (18 ft.) high, with room for 120 guests; a drawing room, reading room, billiard room, office, doctors' rooms and laboratories, gymnasium, douche and bath rooms. Above these are patients' bedrooms on three floors, all on the south side, and opening into a well-lighted corridor, the staircase being also to the north. The largest of the other villas is to the east, the remaining two being at the upper or western end. There is altogether accommodation for eighty patients. The bedrooms average 57 cubic metres (2013 cub. ft.) in capacity. They are heated in the main building by low-pressure steam pipes, the rest of the establishment being served by porcelain closed stoves or hot-water pipes. In each bedroom of the main building is a radiator which can be regulated, and which has a ventilating inlet next to it. On the opposite wall is an outlet leading to a chamber under the roof. In addition to this, the windows, which are French windows with an upper hinged pane, are always kept partly or entirely open. There is a similar arrangement over the doors of the balconies. The walls are of wooden panels with rounded angles. The floors are covered with linoleum. The lighting is by electricity, the bedrooms having bed and table lamps which can be shaded. The water-closets have a good flush. There is a very good water supply.

The diet is varied, with six *meals* a day, including much milk and butter. One day it is *recherché*, the next it is simple in character.

The patients are exclusively such as are likely to benefit by an Alpine climate, no advanced cases being admitted. The contra-indications are much the same as at Arosa (which see). Davos, being 300 metres lower than Arosa, has a correspondingly less stimulating climate ; the summer is finer, and is better suited to patients with chronic anæmia. The neighbourhood has been carefully mapped out in quarter-hour walking distances, also showing the steepness of the paths.

Treatment is mainly on the lines indicated by Dr. Brehmer. There are fresh-air galleries 80 metres in length ; but patients who are not febrile mostly take a good deal of exercise. They spend as a rule from eight to ten hours a day out of doors. Hydrotherapy is applied in the form of dry and wet rubbings, and in about 25 per cent. as a divided douche, applied by the physician himself. Respiratory exercises with Gifford's apparatus are employed where the lung is little affected. Dr. Turban uses tuberculin where patients are willing to have it, and where the case is suitable. The *sputa* are thrown down the water-closets. The spittoons and spitting flasks are disinfected with solution of corrosive sublimate and sodium chloride. Linen is disinfected by boiling ; rooms by being washed with soap and water.

The sanatorium belongs to a company, but is under the control of Dr. Turban and his assistant, Dr. Wunsch. The charges for single rooms are from 2 to 6 frs., for double-bedded rooms 5 to 7 frs. Board is 11 frs., including medical attendance, baths, douches, rubbings, attendance, heating and lighting. There is an entrance fee of 20 frs. for all (excepting servants) who stay more than fourteen days. Other extras are beverages and drugs. There is a reduction in the case of medical men and their families, children and servants ; and in summer time 1 fr. per day is deducted from the charges for bedrooms.

Davos is reached by rail from Landquart, which is in connection with Basel and other centres.

THE NEW DAVOS SANATORIUM,

which was recently opened under Dr. Dannegger, is now under the care of Dr. Philippi, formerly at Dr. Turban's sanatorium. It is situated in the English quarter, on the boundary between Davos Platz and Dorf, on the highest part of the road, where it is surrounded by open meadows free from other houses.

From its position it receives a large proportion of sunshine. It has a southerly aspect, and consists of a stone building erected in 1896-7, and a chalet in Swiss style, both connected by a covered walk with the fresh-air gallery, which is over 60 feet long. The main block, which has a basement ground floor, and four upper floors, on an approximately square base, contains in the basement the kitchen department and heating apparatus. In the ground floor the eastern side is occupied by the dining saloon, which is 12·80 × 4·25 metres (42 ft. × 13 ft. 9 in.). To the south are the drawing room and reading room; the entrance is on the north side, as well as the water-closets and office and porter's room; the staircase at the western end of the central corridor. The consulting and waiting rooms are on the first floor over the office. The patients' bedrooms are placed on all sides of the house, but mostly to the south and east. Many have balconies. They all have wood-panelled walls and linoleum-covered floors; electric lighting, and heating by low-pressure steam pipes. The doors and windows are double, the latter having an upper hinged pane. The water-closets are of a modern pattern, with abundant water flush. The water supply is of excellent quality. In addition to bath rooms in both buildings, a douche room has been fitted up.

The chalet, which has two upper floors, contains twelve rooms, ten of which are patients' bedrooms. These have parquet floors, but are in other respects like those in the main building. Dr. Philippi sleeps in this part, and has arranged a small laboratory above his room.

The patients admitted, who number forty, or with two in some of the rooms, fifty-five, are mainly consumptives in the more hopeful stages, although others who suffer from anæmia, scrofula, pleurisy, asthma, or bronchial catarrh are not refused. The treatment is after Brehmer's and Dettweiler's methods. Hydrotherapy consists of rubbing, packs and douches, applied before the first breakfast. The douches, which are only applied in suitable cases, last but a few seconds, while the water is cooled by a special mixing apparatus from 68° F. to 47° or 50°. The *meals* consist of a first breakfast at 7.30 to 9 (half an hour earlier in summer), second breakfast at 10.30, dinner of five courses at 1, a light meal at 4, supper of four courses at 7, and extra milk at 9. The milk comes from cows under veterinary supervision. Patients rest from 12 till 1, from 2 till 4, and from 5.30 till 7, as well as after supper. During the afternoon strict silence is observed, to allow those who need it to sleep. The couches have removable horsehair cushions. The patients who are able go for walks before the second breakfast in the morning, and before supper. Creosote preparations and tuberculin T.R. are administered in certain cases. Respiratory gymnastics are only employed in pleuritic adhesions and the like, where no crepitations are audible. In suitable cases patients go up the mountain side through the woods belonging to the Kurverein, about five minutes' walk from the establishment. The place is very thoroughly ventilated day and night. Rooms are rubbed down daily with a damp cloth, disinfected on departure with Schering's apparatus (formalin).

The charges are 10 francs per day for inclusive board and treatment, with 1 to 6 francs extra for the room. Where two sleep together, 4 to 7 francs are charged for the room. Patients buy their own woollen bedcover at cost price, and bring their own rugs, furs, and a new pouch for their napkin; a footbag reaching up to the chest should be bought in Davos.

The sanatorium is on the telephone, and close to post

and telegraph office. It is ten minutes from the station at Davos Dorf, twenty minutes from that at Davos Platz.

THE MAISON DE DIACONESSES,

founded in 1882, receives advanced cases which are not suitable for treatment in hotels and not admissible to sanatoria. Their charges are a little below those of the hotels.

THE VILLA PRAVIGNAN

is a similar institution exclusively for Roman Catholics, and under the charge of a sisterhood.

THE LEYSIN SANATORIUM,

Leysin, which has the highest parsonage in the Canton de Vaud, is situated above the lower part of the Vallée des Ormonts, on a wide plateau 1264 metres (4150 ft.) above the sea-level, at the foot of the Tours d'Ai. The valley, which has long had a reputation for the cure of scrofulous children, runs from north-east to south-west, the sanatorium being on its northern side, at an altitude of 1450 metres (4760 ft.), which is above the usual fog and cloud level for this part of the Alps. The soil is dry and calcareous, the climate resembling that of other Alpine resorts, with rather more sun than Davos.

The establishment is protected to the north and west by pine woods and mountains, and by high peaks four or five miles farther east. Its aspect is south-south-easterly. It has a fine view across the valley to the snow mountains, of which the most conspicuous is the Dent du Midi, with Mont Blanc in the extreme distance, while Aigle and St. Moritz are visible in the Rhone valley. The forest behind, which extends 300 metres above the sanatorium, has numerous paths, some steep, some nearly level, with sheltered kiosks and seats in abundance.

The sanatorium (fig. 35), which is of stone, consists of five storeys and a basement served by a lift, and contains 110 rooms for patients, of which eighty are on the southern side.

Each of these is at least three metres high, and is provided with a chimney for ventilation, and with double windows, the tops of which can be separately opened. There are roomy balconies in front of most of these. The kitchens, store rooms, servants' apartments, and staircases are on the north side. The dining saloon, drawing room, winter garden, and glazed galleries for exercise indoors, are on the ground floor and basement. There is also a large *liege-halle*, thirty metres long, on the eastern side of the building, and another is being made farther off. The second floor communicates with the forest by means of a foot-bridge. The building is heated by low-pressure steam, a few rooms also having independent fireplaces. Lighting is by electricity. Furniture is simple and readily cleansable. There is an abundant water supply from the Tours d'Ai, by an aqueduct from a height of 125 metres (410 ft.) above the establishment. There is also a large *dépendance* (fig. 36).

Patients of all stages are admitted, provided there is any probability of their benefiting by the climate. Treatment is on the usual lines, but patients take much rest in the open air and only a moderate amount of exercise, as at Falkenstein. They spend on an average ten hours out of doors. Respiratory gymnastics are not employed. Three *meals* a day are provided. Not much alcohol is given, and this mainly in the form of wine. *Sputa* are received exclusively into Dettweiler's flasks and spittoons. The former are disinfected with lysol, the latter with corrosive sublimate solution, a special male nurse attending to this every day. The skin is stimulated daily by dry frictions, occasionally by rubbing with cold, fresh, or salt water. The *douche* is not employed. As regards amusements, skating is recommended for those who are fit for it. There are two skating rinks. Professional musicians and conjurers are not admitted; but a café casino has been built at a short distance, which is of very doubtful advantage. Smoking is not encouraged, but is allowed in the billiard room.



FIG. 35.—THE LEYSIN SANATORIUM.

[Page 293.]



FIG. 36.—THE HÔTEL DU MONT BLANC, LEYSIN.

[Page 294.]

The building is connected with the telephone and telegraph systems. Two rooms are used for regular religious services, which can also be found in the village for both Protestants and Catholics. Leysin is connected with Aigle by a good road. Diligences run at least twice a day each way and take about three hours. A railway line is also to be made.

The charges are 9 to 15 francs per diem, including service, light and warming. Extras are medical fees, massage, baths and douches, private sitting rooms, meals in private rooms, open fires in the patients' rooms, and a small charge for the use of the open-air gallery. Special diet is charged *à la carte*. Reductions are made for families, children, and servants.

The sanatorium was built in August, 1892, by a company, and is managed by Dr. Exchaquet, with the help of a managing director.

THE MONTANA SANATORIUM.

Montana is a small village in the Swiss Valais about three hours by road from Sierre, which is itself half an hour by rail from Sion. Some 300 metres above the village of Montana, and 1515 metres (4970 ft.) above the sea-level, is the Hotel du Parc, which until 1st October, 1897, was visited mainly by tourists, but was then reorganised by Dr. Stephani to suit the needs of consumptive patients. The present proprietors are M. Louis Antille and M. Michel Zufferey, the latter of whom also owns a flourishing hotel at Sierre; but Dr. Stephani is endeavouring to form a company to buy the hotel, in which case it would be used exclusively as a sanatorium for consumptives, instead of (as at present) admitting tourists as well as invalids.

The hotel stands on a plateau of over 4 kilometres square, consisting mainly of meadows, the rest being pine woods together with five small lakes. The surrounding country is very mountainous, and mostly covered with pine woods. The Wildstrubel mountain protects the sanatorium to the

north, the pine woods belonging to the hotel to the east. The most frequent winds, which are seldom strong, are from the east; those from the west, on which side there is less protection, being rare. There are 4 hectares (9½ acres) of more or less level wooded land to the north-east of the sanatorium. The soil is schistose, covered with sand.

The climate is very dry, especially in winter, when the hygrometer often records 10 per cent. Fogs are very rare. The winter minimum in 1897-8 was -14° C. at night, the maximum shade temperature in January, 1898, being $+14.5^{\circ}$ C., that in the sun $+47^{\circ}$ C.

The sanatorium (fig. 37) faces south on a southerly slope, with an extensive view over the Simplon, Mont Cervin, Mont Blanc, etc., and receives eight hours' sunshine even on the shortest days of the year. The establishment consists of a single building in Swiss style, with high pitched overhanging roofs, balconies and verandahs; the basement and ground floor and walls of corridors and staircases are built of stone, the rest being of wood. The basement contains the kitchen at the north-east angle, the store rooms, linen room, billiard room, etc. On the ground floor are a large central hall, two drawing rooms, dining saloon, office and two bedrooms for patients. Above this are four floors of bedrooms, the three lower containing each six rooms to the north with areas of 13 to 17 square metres (140 to 188 sq. ft.), and nine rooms to the south with areas of $16\frac{1}{2}$ to 25 square metres (178 to 269 sq. ft.), a corridor running between the two sets of rooms. The fourth floor has one room to the south for visitors, the rest being for the staff. The principal staircase, which is at the back, has leading off it separate water-closets for ladies and gentlemen with water flush on every floor, and on the ground floor and first floor baths and douche rooms. There is a separate staircase for servants at the north-east corner of the building, one room on each floor being for servants. There is no lift. In front of the house is a large glazed verandah, and above it large



FIG. 37.—MONTANA SANATORIUM, RHONE, SWITZERLAND. [*Face page 296.*]

balconies for the first-floor bedrooms. Most of the other rooms on the south side also have balconies. There are altogether four galleries on the south side for rest in the fresh air. There is electric light throughout, and central low-pressure steam heating. There are very few chimneys, and ordinary windows, without any special ventilators. Every window has a wind screen or sun blind. The walls are papered on the ground floor, elsewhere of pine wood; those of corridors and staircases being lime-whited. The floors are of pinewood on most floors, of hardwood on the ground floor, of red bricks in the corridors. The corners are not rounded. There are carpets and curtains. The sewers end on a special meadow 300 metres below the hotel. The drinking water is from springs 1 kilometre ($\frac{5}{8}$ mile) from the establishment, and conducted to it by a subterranean conduit.

There is room in the building for fifty patients, who are received all the year round. As many as eighty tourists have in former times been lodged in the place. Patients are received at every stage of illness, although as far as possible only curable cases are accepted. There is a trained nurse from 1st October to 1st May.

The treatment is mainly hygienic, by good food and a regulated life in the fresh air. Three *meals* a day are provided, with plenty of good milk. Where purely hygienic means do not appear to suffice, Dr. Stephani prescribes cod-liver oil, phosphates, creosote, inhalations of eucalyptol or menthol, or any other indicated remedy. Febrile patients are not allowed to indulge in tobogganing, skating, rowing, walking, riding, or billiards; but these and other amusements, such as croquet and lawn tennis, are open to such as are fit for them.

Sputa are exclusively received into spittoons in the rooms, or into Dettweiler's flasks, which the patients buy, both being daily disinfected together with their contents by boiling. Linen is boiled in the establishment; bedding disinfected by a Zurich steam disinfecter. Rooms are disinfected

by formo-chloral under pressure (Trillat's apparatus) ; the corridors are lime-washed.

The charges for rooms, board and attendance vary from 8 to 13½ frs. per diem. Medical fees are from 30 to 50 frs. per month ; the use of the fresh-air gallery, etc., 3 frs. per week ; in winter 1 fr. extra is charged for heating. Other extras are baths, douches, and meals taken in the bedroom.

The hotel is connected by telephone with the telegraph and telephone office at Sierre. Dr. Stephani, who was formerly at Leysin, has no medical assistant.

THE WEISSENBURG CURHAUS,

in the Simmenthal, is also frequented by consumptive patients amongst others ; but is scarcely to be regarded as a sanatorium for such patients. It stands 890 metres above the sea-level, and has a mild mountain climate with great relative humidity. It is mainly frequented for its thermal, sulphated and saline waters.

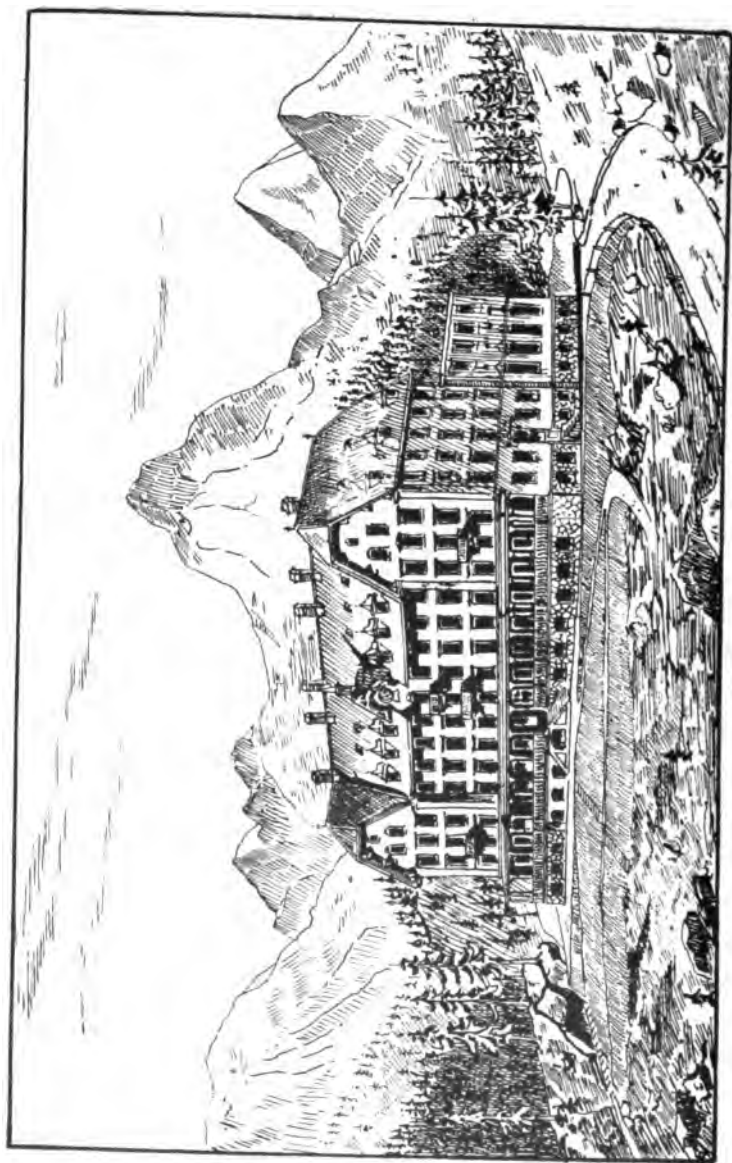


FIG. 37*.—THE BASEL SANATORIUM, DAYO.

[Face page 299.]

CHAPTER XLIV.

SWISS SANATORIA FOR POORER PATIENTS.

THERE are several sanatoria for consumptives of small means in Switzerland. The earliest of these was the one at Heiligenschwendi near Thun ; there are also sanatoria at Davos for the inhabitants of Basel, and for those of Dutch nationality ; an English invalids' home, and two institutions (Diakonissen-Haus and Villa Pravignan) where seriously affected patients are nursed at a lower charge than in an hotel or ordinary sanatorium. At St. Moritz there is also an English home. Sanatoria are being built at Stachelberg for Glarus, and on the Faltigberg for Zurich ; and others are projected at Leysin, Montana, Basel town, and other places. It is expected that in a year or two there will be eight or ten popular sanatoria for consumptives on Swiss soil. There is also an institution for scrofulous children at Aegeri near Zurich. For table of altitudes see p. 283.

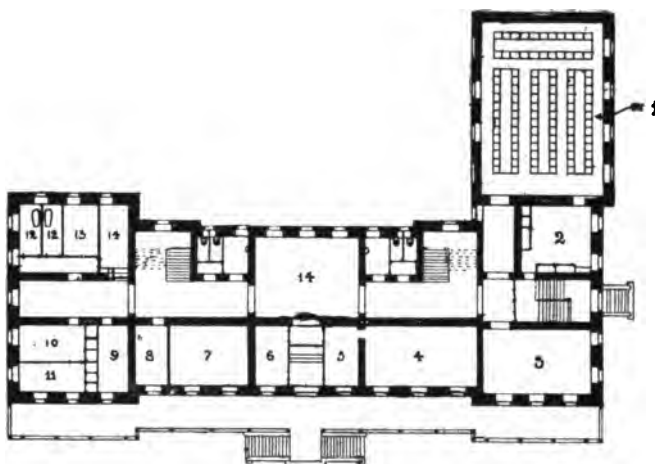
THE BASEL SANATORIUM "IN DER STILLE,"

at Davos Dorf, was founded by the *Gemeinnützige Gesellschaft* of Basel, on the initiative of the medical profession, and with the help of public subscriptions. This society in 1893 formed a committee to consider the advisability of such an institution for the working and the poorer middle classes, and to decide upon a suitable site. After searching the Jura, they came to the conclusion that the Engadine was preferable, and a site was obtained at the foot of the Seehorn, near the entrance to the Fluelathal, 1600 metres (5250 ft.) above the sea-level. The sanatorium is in a very sheltered situation, with a south-westerly aspect, being protected to the east and west by pine woods. The ground

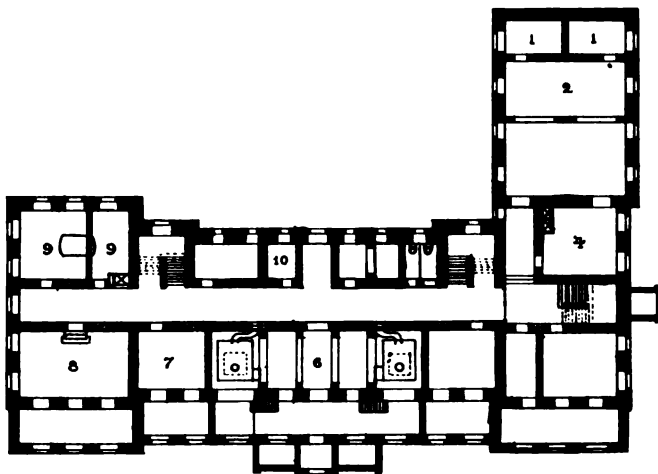
amounts to 2 hectares ($4\frac{1}{2}$ acres), half of which was given by the Huntsmen's Society. The building was begun in June, 1895, but, work being interrupted by the winter snow, was not completed until December, 1896.

In order to expose as little surface as possible to the cold air, the sanatorium was built on a concentrated plan, instead of the extended one-sided arrangement common in the lowlands. It was also placed as far as possible to the north-west of the ground, to allow of future enlargement, and the administrative portion prepared for 100 patients, whereas the bedrooms would only at first accommodate seventy. It consists of an oblong block 48·2 metres long, 20 deep, and 25 high, with a projecting wing behind the south-east end, to accommodate kitchen and dining room.

The main block consists of a basement, ground floor, and four upper floors, including the attic storey; the kitchen pavilion only goes as high as the second floor, and has a flat roof, which can be reached from the third-floor corridor, whereas the main block has a rapidly sloping roof to shed the snow, with lozenge-shaped metal tiles, gutters which do not project, and chimneys which come up to the roof-ridge. The basement (fig. 38) contains in the centre the heating apparatus; next this the wine cellar, laundry, disinfecting oven, workroom, and store rooms; and in the wing, the kitchen department and servants' hall. On the ground floor are the office and manager's rooms, porter's room, waiting and consulting rooms, laboratory, bath and douche rooms, a large vestibule on the north side, and two large common rooms on the south side, for men and women respectively. At the junction with the wing is another large common room, and in the wing itself the large dining saloon over the kitchen. Along the southern side extends the open verandah with room for fifty couches. The floor of this verandah is sunk a few steps; it is of wood over cement, and rests on a projecting part of the basement. The first floor (fig. 39) contains ten patients' bedrooms on the south side and the chief medical officer's rooms at the



GROUND FLOOR



BASEMENT

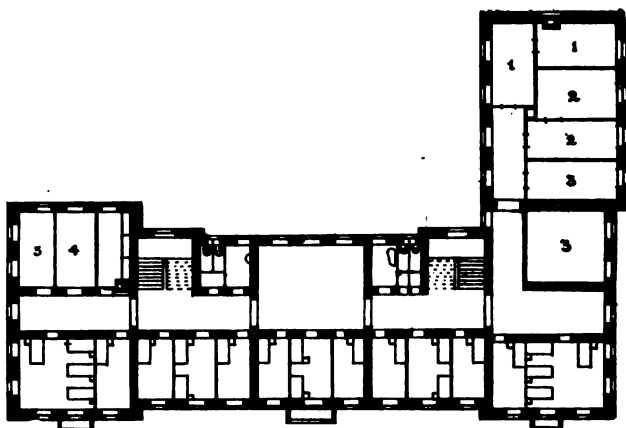
FIG. 38.—THE BASEL SANATORIUM AT DAVOS.—GROUND FLOOR AND BASEMENT.

Ground Floor :—

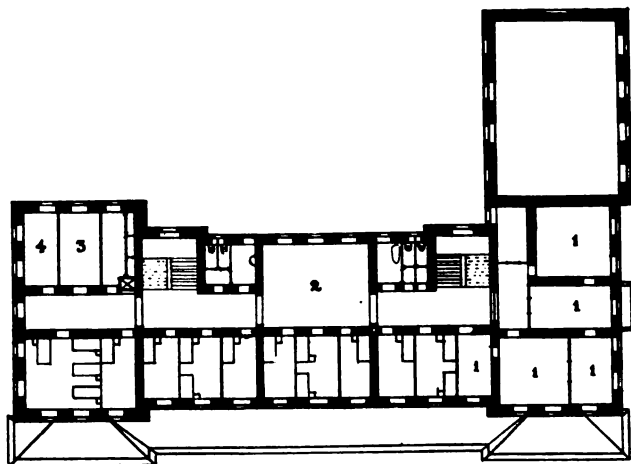
- | | | |
|-------------------------|--------------------------|-------------------------|
| 1. Dining Saloon. | 6. Porter's Room. | 11. Laboratory. |
| 2. Serving Room. | 7. Women's Sitting Room. | 12. Bathrooms. |
| 3. Common Sitting Room. | 8. Nurses' Room. | 13. Dressing Room. |
| 4. Men's Sitting Room. | 9. Waiting Room. | 14. Douche Room. |
| 5. Office. | 10. Consulting Room. | 14 (centre). Vestibule. |

Basement :—

- | | | |
|--------------|--|-----------------|
| 1. Larders. | 4. Servants' Hall. | 7. Wine Cellar. |
| 2. Soullery. | S.E. corner, behind Balcony, Workroom. | 8. Laundry. |
| 3. Kitchen. | 6. Heating Apparatus. | 9. Disinfecter. |
| | 10. Mortuary. | |



SECOND FLOOR



FIRST FLOOR

FIG. 39.—THE BASEL SANATORIUM AT DAVOS.—UPPER FLOORS.

First Floor :—

- | | |
|--------------------------------|------------------|
| 1. Medical Officer's Quarters. | 3. Nurses' Room. |
| 2. Vestibule. | 4. Cloak Room. |

Second Floor :—

- | | |
|--|----------------------------------|
| 1. Manager's Quarters. | 4. Nurses' Room. |
| 2. Assistant Medical Officer's Quarters. | 5. Cloak Room. |
| 3. Reserve Rooms. | Centre of North side, Vestibule. |

[Face page 301.]

junction with the wing. In the latter there is no accommodation on this floor, owing to the greater height of the dining saloon.

In the second floor are thirteen patients' rooms on the south side, the assistant medical officer and manager being accommodated over the dining saloon. The next floor is similar; in the attic floor is a large drying room, an ironing room, and a clothes lift to the laundry in the basement; also a workshop for the use of the patients at times. On every lower floor there is a large vestibule on the north side for the use of the patients, and a bath room for such as cannot safely use the ones in the ground floor; the closets, lavatories, attendants' and nurses' rooms and main staircases being also at the back.

There are altogether seventy beds, seven rooms containing four each, ten rooms two each, and twenty-two being single-bedded. The cubic space is 40 cubic metres (1413 cub. ft.) in the bedrooms, and at least 28 cubic metres elsewhere. The height of the ground floor is 3.25 metres (10 ft. 8 in.); of the first, 2.90 metres (9 ft. 6 in.); second, 2.85 metres (9 ft. 4 in.); third, 2.80 metres (9 ft. 2 in.). The dining room is 5 metres (16 ft. 5 in.) high. It should be remembered that in an Alpine climate ventilation is much more rapid than elsewhere.

The sanatorium is built of stone, with an inner lining of hollow tiles; stairs and foundations of cement; main staircases of oak; floors in the patients' quarters of oak or boxwood, or else of pine covered with linoleum; in the kitchen, "terrazzo"; elsewhere in the basement of cement. The window frames are of unpainted red pinewood; the windows are double, with upper panes which open inwards together. The inner walls are smooth and free from mouldings, with rounded corners and angles, and covered with oil-coated and washable linen paper. In the laboratory, douche rooms and bath rooms there are enamel-painted walls; in the common rooms and dining saloon breast-high wooden panelling.

were severely affected, 32·98 per cent. moderately affected, 27·57 per cent. were in an early stage, 18·91 per cent. in a later stage but only slightly affected. Of all these collectively 25·38 per cent. left apparently cured, 42·31 per cent. decidedly better, 23·10 per cent. somewhat better, 3·84 per cent. stationary, 3·84 per cent. worse, 1·53 per cent. died. This gives a total improvement of nearly 91 per cent.

The sanatorium is a quarter of an hour from the railway station of Davos Dorf. Dr. Kündig is chief medical officer; he is aided by Dr. Buser.

It is intended to establish another sanatorium of sixty beds in the neighbourhood of Basel town, in the Budenholz, for such as cannot be usefully sent to Davos. Cliniques are also to be established in connection with the City Hospital.

For climate, etc., see p. 287.

THE DUTCH SANATORIUM AT DAVOS

for poor people was founded in 1897 by a private society, and is maintained chiefly by voluntary subscriptions from residents in Holland, including the Queen, and is intended exclusively for consumptives of both sexes of Dutch nationality. It is situated 1560 metres (5120 ft.) above the sea-level, in a private house which has been recently leased for the purpose. It has no private garden, but its patients have the right to use the Curgarten and parks and woods of the place.

The building is on the hillside, sheltered from the north and west by mountains, and receives on an average seven to eight hours' sunshine in the winter. It was built about ten years ago in the usual Swiss style, and consists of a basement, three upper floors and attics. The bedrooms are 200 to 250 square metres in area, with one to three beds each; those with three having a cubic capacity of 400 to 500 cubic metres. The walls are of varnished wood, or covered with washable paper. Each has a closed stove, and wooden furniture, no stuffed furniture being used and

but few curtains. The floors are everywhere covered with linoleum. The lighting is by electricity. The windows are "French windows," with an extra hinged pane above, which opens inwards. There is also a dining room, drawing room with piano, and a suitable bath room. Most of the rooms on the south side have balconies. In addition to this there are three large verandahs at the western side of the house, of which the lower is glazed, the upper ones being provided with solid roofs and thick curtains to draw down on the windy side. The water-closets have a good flush. The sewage is carried into the Landwasser through the town sewers.

There are thirty beds. Patients pay 4 francs per diem, including board, lodging and medical attendance.

They spend, as a rule, from 9 A.M. till 9:30 P.M. in the open air, and an hour or more in walking abroad, morning and afternoon. The cold wet rub is frequently employed, the cold douche but seldom. Cod-liver oil is exceptionally given, but no "specifics," and no stimulants. Random spitting is strictly forbidden, as also the use of handkerchiefs for the *sputa*, which are received into the spitting-flasks and spittoons, and emptied into the water-closet. Linen is disinfected in the public steam disinfector. Rooms are washed with soda solution, and in the case of death also disinfected with formalin vapour.

There is a trained nurse in the house. Dr. A. Schnöller is the resident medical officer. The sanatorium is to be open all the year round. There is some talk of affiliating the institution to the recently formed public society in Holland.

During the first four months (1st Sept., 1897, till 1st Jan., 1898) thirty-five patients were received, and a profit of about 550 francs was made, which was used in buying more furniture. The sanatorium cost 12,500 francs for furniture and installation. When sufficient funds are forthcoming, the society intend to enlarge the institution to fifty beds, and eventually to build a sanatorium of their own.

THE DAVOS INVALIDS' HOME

is intended for ladies and gentlemen of limited means who are in need of treatment in an Alpine climate. It was founded in 1884 by three English ladies (Mrs. Lord and the Misses Crothers), and carried on by them for eleven years, until Mrs. Lord's ill-health compelled them to relinquish the work. It has since been carried on by a committee with the aid of public subscriptions. The institution is managed by an English lady, and without any denominational restrictions. The charges are 4 to 4.50 frs. per diem, including board and residence, medical attendance and nursing, the only extras being medicine and personal washing. The hon. secretaries are Mr. Arthur Herbert, 6 Finch Lane, London, E.C., and Dr. Wm. Ewart.

A *benevolent society* exists at Davos to secretly assist those whose funds are exhausted before the end of their course of treatment in one of the paying sanatoria.

THE ST. MORITZ AID FUND

is also intended to provide those of limited means with treatment at an Alpine health resort. The president is Princess Christian. Applications may be made in the first instance to Lady Jeune, 79 Harley Street, London, W., or to Lady Bancroft, 18 Berkeley Square, W.

THE HEILIGENSCHWENDI SANATORIUM

was opened in August, 1895, to commemorate the 600th anniversary of the Swiss Confederacy and the 700th of the City of Bern, mainly on the initiative of various members of the medical profession. It stands, about 1½ hours' walk from Thun, on an elevation overlooking the Lake of Thun, 1160 metres (3800 ft.) above the sea-level, with a lovely view across the lake to the Niesen, Jungfrau and the Alps. The situation is sheltered, and not subject to the *Föhn*. To the north is the Blume, to the west are wooded hills. There is a fairly large garden in front, and although there is very

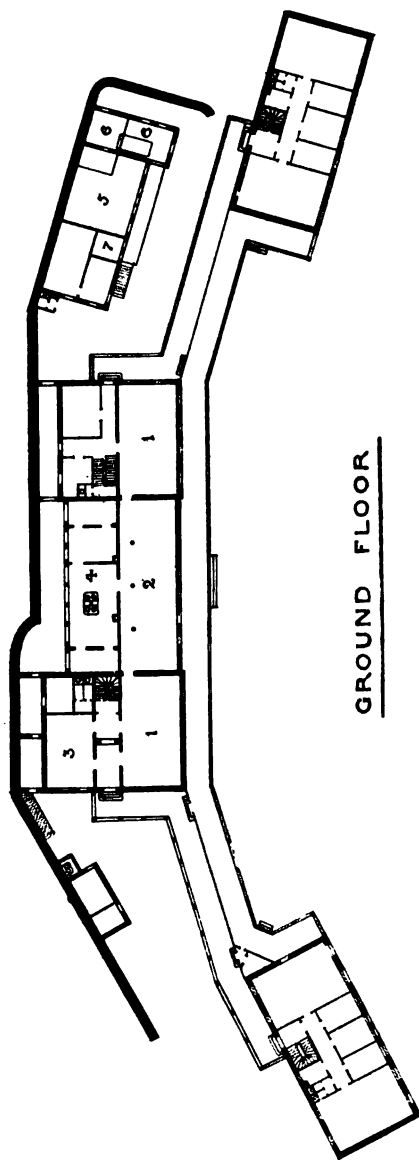


FIG. 40.—THE HEILMENSCHWENDI SANATORIUM.

- 1. Sitting Rooms.
- 2. Dining Saloons.
- 3. Waiting and Visitors' Room.
- 4. Disinfect.
- 5. Laundry.
- 6. Kitchen.
- 7. Stable.

[Face page 807.

little ground behind the institution, patients are able to use the public woods close by.

The sanatorium, which faces south-south-west, consists of a central building (fig. 40) united by covered corridors with two slightly projecting lateral pavilions. Behind the eastern pavilion is a separate *dépendance*. In front of the central block and the connecting corridors are the fresh-air galleries, which were originally open, but have since been glazed. In the central block is the dining saloon, and on either side of it a common room. The former is for both sexes, but in other respects they are kept apart. The northern part of the central block contains the kitchen, etc. On the first floor are a few single-bedded rooms to the south, and over them a number of attic rooms. Both lateral pavilions have on the ground floor two large rooms with eight beds each and windows on three sides, and a few smaller rooms for one or two beds apiece, and the same on the first floor. The *dépendance* contains the manager's and doctor's quarters. There is also an outbuilding behind the western corridor with laundry, disinfector, stables, etc. The inner walls are painted with glossy oil paint; the floors are of simple washable parquet. The building is heated by low-pressure hot water pipes, and lighted by petroleum, although electrical lighting is to be introduced in future. There are no special ventilating contrivances; but the windows are very large, reaching down to the ground, the lower part being guarded with a grating. There are good baths, a good water supply, and "Unitas" water-closets, the house drain leading to a cesspool with an overflow. The furniture is simple. The lounge chairs are in two pieces and can be used as armchair or couch.

There are at present fifty-two beds, including four for children; but there will eventually be 100 or 120 in four separate blocks. None but consumptive patients are admitted, and no serious cases are supposed to be admitted; but a good many such have been sent in notwithstanding, so that on an average one-third have been in bed, and nineteen

died out of 186 in 1895-6. Patients on arrival have a bath, during which their clothes are disinfected. There is a fine of 1 fr. for spitting on the ground. Patients buy their own Dettweiler's flask, which is disinfected with carbolic solution. In the bedrooms they may use *spitcups* of glass, which are emptied into the water-closet. Special handkerchiefs are provided by the institution for mouth-wiping in bed. These are collected twice a week and disinfected, with the other linen, by boiling.

Patients send a *menu* daily to the manager, who provides accordingly if it seems advisable. They have about two litres of milk per day. They take walks according to the advice of the medical officer, Dr. Glaser of Steffisberg, who comes over twice or three times a week, and is in communication with the building by telephone. In winter some are allowed to sledge on the mountain side. Patients do a little work for the establishment, both out of doors and in the kitchen and elsewhere. So far there has been no hæmoptysis in consequence of this regulation. Some difficulty has been experienced in entertaining the men, games and reading being insufficient, so that the erection of a small workshop is contemplated.

The staff consists of a manager, a matron, two nurses, two maids, a helping maid, and a man to attend to the disinfection and heating. Thanks to good means of communication, this staff has been found quite sufficient. There is no resident medical officer.

Patients stay at least two months. Up to 1st July, 1896, there were 186 patients, ninety-eight being men. Their days of treatment amounted to 12,843, or an average of forty days; but most of the patients stay three months. The average daily number was forty; but the building is now nearly always full. The daily cost amounts to 1.90 frs. Patients pay from 1½ to 4 frs., according to their means. Those who come from subscribers, parishes, hospitals or societies in the canton of Bern have the preference in admission. The total cost of the building was under

200,000 frs. without the land, or, with road-making, 280,000 frs. This is about £216 per bed.

THE ZURICH SANATORIUM

is being built near Wald, on the Faltigberg, a little north of the southern end of the lake of Zurich, 900 metres (2950 ft.) above the sea-level. The ground amounts to 30 hectares (74 acres), with woods and meadows. There will be from ninety-two to 100 beds.

The building will have a southerly aspect, and will have an administrative block in the centre, and a three-storey pavilion on each side, for men and women respectively, with open-air corridors between. It will be opened on 1st October, 1898.¹

THE SANATORIUM OF BRAUNWALD,

for the canton of Glarus and other neighbouring cantons, has just been opened on an elevated terrace near the baths of Stachelberg, in the valley of the Linth, 600 metres above the stream and 1160 metres (3805 ft.) above the sea-level. Although intended for the poor, it will also receive paying patients.

Surrounded by woods and meadows, it has a south-south-westerly aspect, and is well sheltered by mountains from north-east winds. It has a dining room, work room, fresh-air gallery, and rooms for gymnastics and games in bad weather, as well as beds for thirty patients, from one to three in each bedroom. There are two windows to each bedroom, and good ventilation by means of hinged upper window panes, about 30 cubic metres (1060 cub. ft.) air space being allowed per head. The walls are wainscoted to a man's height, and all corners rounded. The heating is by hot water pipes, the lighting by electricity. Furniture is simple, of varnished wood. A trained nurse is in charge of the establishment, which

¹ Liebe, *loc. cit.*; *Correspondenz Blatt für Schweizer Aerzte*, 1st July, 1898.

has no resident medical officer, but is visited two or three times a week by a doctor from Glarus. There is a good water supply. A plentiful but simple dietary is provided. The douche is used for convalescents, but no cod-liver oil, "specifics," or counter-irritants. *Sputa* are disinfected by lysol, linen by boiling with soda ley, rooms with corrosive sublimate.

Patients from the canton of Glarus pay $2\frac{1}{2}$ frs. per day, or 4 frs. in a single-bedded room. The sanatorium is $1\frac{1}{2}$ hours by road from Linthal and Rütli; Linthal is $3\frac{1}{2}$ hours by rail from Glarus. According to Kuthy, another sanatorium will later on be built on the same site by a neighbouring canton, when a resident medical officer will be appointed.

THE AEGERI SANATORIUM.

A sanatorium for scrofulous children has existed since 1885 at Aegeri near Zurich, at an altitude of 820 metres (2690 ft.) above the sea-level.¹

¹ Liebe, *Hyg. Rundschau*, 1896, No. 14.

CHAPTER XLV.

PROJECTED SANATORIA IN OTHER FOREIGN COUNTRIES.

SOME other countries, both in Europe and elsewhere, are beginning to bestir themselves in the campaign against tuberculosis, although up to the present they have done but little in establishing sanatoria.

BELGIUM.

At the Congress of Hygiene and Medical Climatology, held in Brussels in August, 1897, a resolution was unanimously passed that a league against tuberculosis should be formed on the model of the French *Ligue contre la Tuberculose*. Another resolution was passed urging the foundation in Belgium of sanatoria for consumptives of the poorer classes. Several seaside convalescent homes for children already exist—such as the one at Middelkerke with 300 beds, that at Venduyne with 200, and that at Ostende. Another convalescent home for children exists at Esneux, about half an hour's rail from Liège, and at Bockryck-Genck-lez-Hasselt and Bonsecours for adults, while a third is to be built at Crainhem-Tervueren. All three are inland at a low altitude. A hydropathic establishment like the French one at Divonne is to be erected at Venaimont in the Belgian Ardennes.¹ Some of these might possibly be utilised for the open-air treatment.

BULGARIA

has also a project for the erection of separate sanatoria for consumptives in each district. A medical man has

¹ *Brit. Med. Journ.*, 9th April, 1898.

312 PROJECTED SANATORIA IN OTHER FOREIGN COUNTRIES.

been sent by the Government on a journey of investigation.¹

DENMARK.

For some time past consumptives have been boarded out in various farms in the country with satisfactory results. Sanatoria exist at Refsnaes with 130 beds for scrofulous children, and at Heidschloss, near Ploen, in Holstein. Dr. Schepelern is in charge of the former. More recently a society has been formed for the erection of sanatoria for paying consumptive patients, the subscribers binding themselves to receive no more than 4 per cent. interest, all further profit to go towards the maintenance of free beds (Liebe, *Hyg. Rundschau*, November, 1897). Over £10,000 have been subscribed, and it is stated that the first sanatorium will be opened this year.²

EGYPT.

Several hotels exist in various parts of Egypt with resident medical officers, and almost entitled to be called sanatoria. They are, however, by no means exclusively devoted to consumptives, and the climate does not permit of an open-air life throughout the year. Among the best known hotels which might safely be visited are two at Helouan, where Dr. Page May lives; Mena House, near the Pyramids (Dr. Bentley); three at Luxor; and one at Assuan.

HOLLAND.

A society for the erection of sanatoria for consumptives of Dutch nationality was formed in 1896 by a number of medical men, with Prof. Reisz, Rector of the University of Utrecht, at their head, and Dr. Saugman as secretary. They succeeded in raising over 300,000 frs. in shares and donations, and the State voted an additional 138,000 frs. (*Rev. de la Tuberculose*, December, 1896). In May, 1897, it was decided to form a number of local sub-committees to

¹ *Das Rothe Kreuz*, 1897, No. 16.

² Léon Petit, Tuberculosis Congress, Paris, 1898.

raise more money, and to erect two sanatoria, of which one was to be on the coast. In September, 1897, a private society leased a house at Davos and converted it into a sanatorium for thirty patients (see p. 304). Two convalescent homes for children also exist on the coast of Holland at Zaandvoort, near the Hague, and at Wyk van See; but these are not exclusively for tuberculosis (*Heilst. Corresp.*, January and July, 1898).

ITALY

has about twenty seaside hospitals for tuberculous diseases of the bones and joints, but up to the present no sanatoria for consumptives.

JAPAN.

It is stated that a sanatorium for consumptives is to be erected in Japan under the patronage of H.I.M. the Empress.¹

PORTUGAL.

At a recent Congress of Hygiene resolutions were passed in favour of the establishment of sanatoria for consumptives, and of the adoption of other measures for the prevention of tuberculosis.

ROUMANIA.

The Council of Hygiene of Bucharest recently appointed a committee to prepare a handbook of advice as to the means of preventing phthisis. The committee has recommended, among other things, that persons suffering from the disease be excluded from workshops and placed in sanatoria where they should be treated and maintained at the cost of the municipality. Steps have already been taken to obtain buildings for transformation into a sanatorium. A special medical inspector is appointed to discover cases of tuberculosis in workshops and factories.²

¹ *Das Rothe Kreuz*, 1897, No. 17.

² *Brit. Med. Journ.*, 2nd July, 1898.

In Queensland "arrangements have been made for the establishment of a ward for consumptives at the hospital at Roma, and also at Dalby. According to Dr. Hardie, Dalby, Roma, and Charleville in S.W. Queensland are admirably suited for the treatment of phthisis during the hot months from October to April, as also a high altitude station, Stanthorpe on the Dividing Range, while Mount Tambourine in S.E. Queensland" is the best for early cases during the cooler months from May to September.¹

CANADA.

It is proposed to erect a sanatorium for consumptives on *Trembling Mountain*, overlooking the village of Ste. Agathe. The Government intend to set aside sufficient Crown land (100,000 acres) to form a natural park, to be called the Trembling Mountain Park; and it is here that the sanatorium will probably be built, at an elevation of 2500 feet above the sea-level. The district resembles that of the Adirondacks (see p. 84), and is situated among the Laurentians, north of Montreal.

The Muskoka Cottage Sanitarium, for incipient phthisis, has been recently founded in a region abounding in pine trees, about 100 miles north of Toronto and 800 feet above the sea-level. There is shelter from mountains and forests to the north and west, whence come the colder winds in winter. The grounds, which embrace seventy-five acres, are on Lake Muskoka. The present establishment, which accommodates forty patients, consists of a large and well-planned main building, surrounded within easy distances by a number of small cottages.²

CAPE COLONY.

A sanatorium, founded by the Right Hon. C. J. Rhodes at Kimberley, in Cape Colony, near the Orange Free State, was opened on 1st September, 1897.

¹ *Lancet*, 15th May, 1897.

² Pres. Address by Dr. Roddick, at the annual meeting of the Brit. Med. Assoc. at Montreal, 1897.

Kimberley is on the high inland plateau of South Africa, 650 miles from Capetown, with which it is connected by rail.

The climate is dry and sunny: the rainfall being 18 in. per annum, the mean annual humidity 55 per cent. of saturation; the mean summer temperature (October to March) 72°, the mean winter temperature (April to September) 56°.

The sanatorium is about 4100 feet above the sea-level, about half a mile from the town, on the tram-line to Beaconsfield. It stands on seven or eight acres of ground on the brow of a hill, overlooking the town and the neighbouring Free State hills, and has well laid-out tennis and croquet courts.

It contains about thirty bedrooms, several of which can be arranged *en suite*; large dining-room, drawing-room, ladies' morning-room, smoking and billiard-rooms, together with the appointments of a first-class hotel, and excellent sanitary arrangements.

It is intended for early and curable cases of consumption. The charges, which are intended to render the institution self-supporting, are from 15s. to £1 per diem according to room. There are special rates for the week or month.

Applications to the secretary, Kimberley Sanatorium, with a banker's reference.¹

¹ *Lancet*, 26th March, 1898.

CHAPTER XLVII.

BRITISH INSTITUTIONS FOR CONSUMPTIVES OF THE POORER CLASSES.

IN reviewing the provision for the poorer classes in this country, it is advisable to remember the definition of a sanatorium given in the first chapter of this book, and to distinguish them from institutions where the treatment is an indoor treatment, or where the situation or the lack of adequate supervision or other circumstances render the open-air methods of little value. Judged by this standard, England appears to be rich in urban chest hospitals and in convalescent homes, but poor in sanatoria and nursing homes; rich in institutions for the patching of consumptives, poor in those for effectually mending them. Some efforts have, however, been recently made to supply the deficiency by the opening of country sanatoria, and the partial or complete transformation of some of the more favourably placed chest hospitals. Indeed, all the Scotch and Irish chest hospitals and several of the English ones are now managed on open-air lines.

LONDON CHEST HOSPITALS AND SANATORIA.

There are in London four chest hospitals with 645 beds; while in the country, including those in provincial towns and cities, there are 6 hospitals and 7 homes or sanatoria for the poor, with a present total of 532 beds. There are also over 150 *convalescent homes* which do not exclude consumptives in an early stage, and which have collectively

(318)

between 7000 and 8000 beds; as well as twelve *homes for advanced consumptives* (five in London), with altogether over 250 beds.

LONDON HOSPITALS FOR CONSUMPTIVES.

	Founded.	Beds.
Brompton Hospital for Consumption and Diseases of the Chest	1841	321
City of London Hospital for Diseases of the Chest, Victoria Park	1848	164
North London Hospital for Consumption and Diseases of the Chest, Hampstead	1860	100
Royal Hospital for Diseases of the Chest, City Road	1814	80

For the treatment of *out-patients* there is another special institution in London, the Infirmary for Consumption and Diseases of the Chest, which has no beds, but has an affiliated convalescent home (Richmond Home) at Worthing. Consumptives are also occasionally admitted to the general hospitals for hæmoptysis or some other urgent complication, but are not welcomed there, and are transferred as soon as possible to a special hospital or poor-law infirmary. In advanced stages they are ineligible for admission to the London general hospitals, two of which refuse to admit them in any stage.

Phthisical patients also attend as out-patients at the London general hospitals; but such treatment, whether at a general or a special hospital, cannot be regarded as satisfactory so long as the faulty conditions of home life are ignored. The poor-law infirmaries of London and the suburbs have collectively over 13,500 beds for the reception of poor people suffering from a variety of more or less chronic diseases. Like the London general and chest hospitals, they have large and well-ventilated wards; but few of them are ideally placed for open-air methods of treatment, which, moreover, their medical officers are far too busy to supervise. A deputation was recently sent from the Poplar and Stepney Guardians to the Local Gov-

ernment Board, asking for power to erect a sanatorium. They were informed that such a sanatorium should be under the management and control of the metropolitan authority, rather than of a single board of guardians. A circular was subsequently issued, asking the co-operation of other boards of guardians in the metropolitan area. A new infirmary is being erected for Camberwell, in which the top storey of three of the large pavilions is occupied by large wards, each to hold twenty-four beds, constructed so that on the two sides and one end the whole length is composed of windows made to open ; and on one side there is a balcony for the whole length. Immediately over these wards is a flat roof with brick parapets surmounted by iron railings, available for patients. The four-bed wards of this infirmary have the windows occupying the whole of one side.

It should be noted that nearly all our special hospitals and homes for consumptives also admit sufferers from other complaints, such as heart disease, aneurysm, pleurisy, pneumonia, bronchitis and asthma. This is apt to hinder efficient sanatorium treatment and diminishes the number of beds available for consumptives.

The following London institutions admit *advanced cases* of consumption from amongst the poorer classes :—

Home for Consumptive Females . . .	London	26 beds
Friedenheim (not exclusively for consumptives) „	„	44 „
St. Luke's House, N. W.	„	16 „
St. Peter's Home, Kilburn	„	80 „
Free Home for the Dying, Clapham . . .	„	? „

THE BROMPTON CHEST HOSPITAL

is well known for its large and luxurious wards and the excellence of its arrangements for the treatment of its patients ; but its position and the relatively small size of its garden make it by no means an ideal spot for open air treatment. Two small wards, however, have been recently set aside for such treatment, and are said to have yielded good results.

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FIG. 41.—NORTH LONDON CONSUMPTION HOSPITAL.

[Face page 321.]

BROMPTON HOSPITAL SANATORIUM.

In addition to the above, a scheme has for some time past been under consideration for the erection of a sanatorium in the country. Twenty acres of land have recently been secured for the purpose at Heatherside near Bagshot. The building is to be built in the form of an X, with a court to the north separating the patients' quarters from the administrative block. There are to be one hundred beds, seventy-two in single-bedded rooms, the rest two and three together. Part of the building is intended for convalescents who are not tubercular. There will probably be two storeys in the patients' portion. The cost is estimated at £50,000.

THE ROYAL HOSPITAL FOR DISEASES OF THE CHEST

is placed by the side of a busy main thoroughfare, the City Road, and is unsuitable for open-air treatment.

THE CITY OF LONDON CHEST HOSPITAL,

although in the midst of a densely populated district, has the considerable advantage of being near a large open space (Victoria Park). I understand that open-air treatment has been carried on there with satisfactory results for nearly a year.

THE NORTH LONDON CHEST HOSPITAL

at Hampstead is the only one of the London chest hospitals whose position really lends itself to the open-air treatment. Situated 300 feet above the sea-level and near the top of a hill, capped with Bagshot sand, which dominates Western London, it has around it a residential district consisting chiefly of houses with large gardens and of extensive open spaces, including the well-known Hampstead Heath, parts of which rise to 400 feet above the sea-level, and help to protect the hospital from the north and east winds. The ground falls rapidly to the south-west and west, and being sandy soon dries after rain.

A fair-sized garden lies on the slope of the hill, which

forms a terrace next to the hospital, and is laid out lower down with a large lawn, paths and flower-beds, and provided with several shelters. Owing to its position the hospital escapes most of the fogs which settle over the lower parts of London in autumn and winter, and enjoys a more bracing climate and a larger amount of sunshine. Its chief drawback is that it is somewhat exposed to south-westerly gales and does not possess sufficient ground for long walks during convalescence.

The hospital, like most of the existing British chest hospitals, was originally built for indoor treatment, and was provided with only a few small balconies ; but in the summer of 1900 an extension was completed which consists of large open-air wards or balconies, one for each floor, but the uppermost, of the hospital. In the basement, which is almost entirely above ground on the south-western side, are situated the out-patient rooms, together with store-rooms, mortuary and dispensary. On the ground floor are the large dining-room, the board-room, and rooms for the matron and resident medical officers, and in the newer part a wide balcony and a winter garden. Higher up are two more floors consisting of large and small wards on either side of the corridors, and fresh-air balconies on the south-west side of an extension of these corridors. Under the roof are quarters for nurses and servants, together with the kitchen, which is connected by a food lift with the dining-room, while a hydraulic lift for patients serves the wards. The latter are lofty, with washable walls, polished floors, and large triple windows, consisting of sash windows below, and hinged fan-light windows above. The fresh-air galleries have no windows in front, but are provided with blinds of waterproof material above the balustrade. The hospital is heated with open fires, and lighted by electricity. The number of beds has been increased to 100. A further extension and further developments are projected.

Treatment is by rigidly fresh-air methods ; plentiful feeding without compulsion ; rest in bed or on cane lounges in early stages, later on by graduated exercise. Drugs are



FIG. 42.—NORTH LONDON CONSUMPTION HOSPITAL.

[Face page 322.]



FIG. 43.—NORTH LONDON CONSUMPTION HOSPITAL.—AN OPEN-AIR GALLERY. [Face page 828.]

freely used wherever indicated; hydrotherapy is scarcely employed; baths given periodically for cleansing only. Patients are admitted free by letter from a subscriber, and if suitable receive extension up to nine or twelve weeks.

The staff includes visiting and consulting physicians and surgeons, a throat specialist, dentist, and two resident medical officers, the senior of whom acts as pathologist. The nursing staff is under a matron; the general management under a lay committee with medical representatives.

There is a separate out-patient department in Fitzroy Square, in the heart of Western London.

PROVINCIAL CHEST HOSPITALS AND SANATORIA.

SOUTH OF ENGLAND.		Founded.	Beds.
Bournemouth .	National Sanatorium for Consumption and Diseases of the Chest .	1855	62
Bagshot .	Brompton Hospital Sanatorium .	being built	100
St. Leonard's .	Eversfield Hospital and Home for Consumption and Diseases of the Throat and Chest .	1891	55
Torquay .	Western Hospital for Incipient Consumption .	1850	40
Ventnor .	Royal National Hospital for Consumption and Diseases of the Chest .	1868	155
Worthing .	Richmond House Convalescent Home .	1891	15
Clare, Suffolk .	Richmond House Cottage Sanatorium .	1900	10
NORTH OF ENGLAND.			
Durham .	Horn Hall Sanatorium, Stanhope .	1900	20
Leeds .	Temporary Sanatorium .	1899	10
Liverpool .	Liverpool Hospital for Consumption and Diseases of the Throat and Chest .	1864	44
" .	Sanatorium for the above in Delamere Forest .	being built	50
" .	Sanatorium for the Poor of Liverpool, Heswall, Deeside .	being built	25
Manchester .	Hospital for Consumption and Diseases of the Chest, Bowdon, Cheshire .	1875	50
" .	Sanatorium for the Poor of Manchester, Halkin, N. Wales .	projected	50
Newcastle-on-Tyne .	Northern Counties Hospital for Consumption and Diseases of the Chest .	1878	5
Nottingham .	Open Sanatorium .	1900	50
" .	Closed Sanatorium in Sherwood Forest .	projected	25
Westmoreland .	Sanatorium at Kirkby Lonsdale .	1900	16

In addition to the above institutions, sanatoria are projected for the counties of Devon and Cornwall, of Wiltshire Gloucester and Somerset, Worcester, Hampshire, Suffolk, Oxfordshire, Cumberland, and the cities of Leeds, York, and Bradford. The Hampshire Sanatorium scheme originated with the Portsmouth Board of Guardians, who are seeking to obtain a site on the southern slope of Portedown Hill.

Special wards or arrangements for the treatment of consumptives exist in the Seamen's Hospital, Greenwich; the Sheffield Royal Infirmary, the North Staffordshire Infirmary at Stoke-on-Trent, the St. Andrew's Hospital for Convalescents and Incurables at Clewer, Windsor; the Hull and Withernsea Convalescent Home; Addenbrooke's Hospital, Cambridge; the Walsingham Union, Norfolk, etc. In most of the above institutions the open-air treatment is said to have been adopted with good results. An open sanatorium is being organised for the county of Nottingham.

Two experimental sanatoria in the eastern counties at Cromer and at Downham—described in the first edition of this book, are no longer open.¹ The Royal Sea-bathing Infirmary for Scrofula at Margate does not admit cases of pulmonary tuberculosis.

The following provincial institutions admit *advanced cases* of consumption:—

	Town.	Beds.
Firs Home	Bournemouth	20
St. Catherine's Home	Ventnor	12
Mildmay Consumptive Home	Torquay	10
Home of Comfort for the Dying (not exclusively for consumptives)	Southsea	12
St. Michael and All Angels' Home	Cheddar	40
Home for the Dying	Wimbledon	?

¹ See *Lancet*, March, 1898; *British Medical Journal*, 25th May, 1898; *Practitioner*, June, 1898.

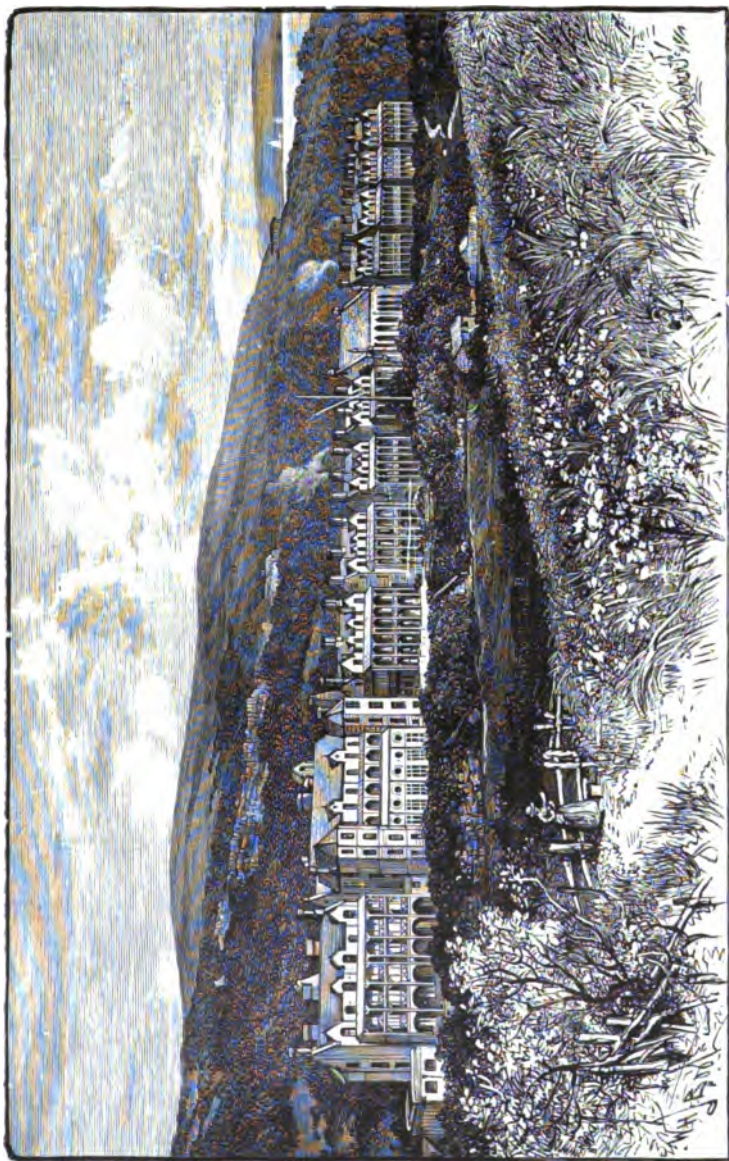


FIG. 41.—THE ROYAL NATIONAL HOSPITAL FOR CONSUMPTION AND DISEASES OF THE CHEST, VENTNOR. [*Face page 322.*]

In the St. Michael and All Angels' Home, open-air treatment has been recently introduced by Dr. Tatham with wonderfully good results.

SOUTH OF ENGLAND.

THE NATIONAL SANATORIUM FOR CONSUMPTION AND DISEASES OF THE CHEST

at Bournemouth is nearly the largest institution of the kind on the south coast of England, coming next in size to the Consumption Hospital at Ventnor. Like the latter, it does not admit cases of advanced disease, and (nominally at all events) does not exclude the sufferers from asthma and chronic bronchitis. At the time of my first visit many defects were noticeable in its plan and administration; but so many improvements have since been effected as to place it on quite a different footing.

It is situated in a valley at the back of Bournemouth, close to the Mont Dore Hotel, the grounds of the two institutions touching one another. The sanatorium has fairly extensive grounds, which are partly laid out as kitchen garden, partly as flower garden and shrubbery, with a fine lawn to the south of the institution, beyond which is a rapid descent to the bottom of the valley. The place is extremely well sheltered, both by the neighbouring hill-sides and by large trees, and shares in the climate of the less bracing parts of Bournemouth. The sanatorium is built of stone, and consists of a ground floor and first floor, the former for men, the latter for women. The aspect is south-south-west, the entrance on the northern side. At the eastern end is a large chapel attached to the institution. Behind the building near the centre is a yard, with various domestic offices shut off from the garden, and ending in a small mortuary and *post-mortem* room. Corridors run from end to end of the building; the patients' rooms are to the south of these, including on each floor a large dining-saloon

and day-room, a ward for five patients, eight with three apiece and two single-bedded. The dining-saloons are both cheerful and light, with a good view of the grounds; and the same may be said of the day-rooms and wards. The furniture is plain and simple, but suitable; walls painted, floor covered with linoleum, windows large. The corridors are used after dark and in bad weather as promenades. Special ventilating windows have been introduced at the eastern end, where otherwise the chapel would block the current of air. The lavatories, bath-rooms and water-closets are now placed in a projecting pavilion on the north side, as also are the staff-rooms. The building is heated by open fire-places and hot-water pipes, the water supply, sewerage and electric lighting being that of the town of Bournemouth. Shelters have been erected in the grounds for men and women respectively. These are used in rainy weather for open-air treatment. At other times the patients place their deck chairs on the lawn. Since the reorganisation of the sanatorium, which was entrusted to Dr. Pineo, the resident medical officer, open-air methods have been thoroughly carried out in all but a few cases; and the results are said to have been much better than formerly. The average stay of patients during the fifteen months ending April, 1900, was eleven weeks, varying from four to thirty-nine weeks.

The Bournemouth Sanatorium is closed during July and August, when in such a situation the heat would be oppressive. It would be well if during these months patients could be transferred to an affiliated sanatorium in a more bracing place. The sanatorium is much used by various provident and friendly societies. There is room for sixty-two patients, an equal number of each sex. A projected extension at the western end would accommodate eight or ten more. Admission is by governor's nomination (which is available for twelve weeks, and can be renewed if advisable) and payment of 7s. 6d. weekly. There are some endowed beds in which weekly payments are not required.

The physicians are Drs. Snow, Frazer and Davison.

There are also a consulting physician, consulting surgeon, surgeon and dentist attached to the institution, as well as a resident medical officer, and a nursing staff consisting of a matron and three nurses.

THE SANATORIUM AT BAGSHOT

for the Brompton Chest Hospital is described at p. 321.

THE SANATORIUM FOR GLOUCESTER, SOMERSET AND WILTS

is to be erected close to Winsley Common, between Bradford-on-Avon and Limpley Stoke. The site is a plot of fifty acres situated about 430 feet above the sea-level, and consisting of arable and pasture land together with a disused quarry of nearly twenty acres. The place is well wooded with firs and beeches. There is to be accommodation for sixty patients. The estimated cost is £20,000 including the land, the annual cost being reckoned at £4,000.

THE WESTERN HOSPITAL FOR INCIPIENT CONSUMPTION

at Torquay was originally a private house, which was transformed in 1850 into a chest hospital, day-rooms being added for men and women respectively. The walls are whitewashed, floors boarded, stained and polished, rooms fairly lofty and airy, but varying in size. Recently two verandahs have been added for open-air treatment. Heating is by open fires; lighting by gas, although it is hoped that electric lighting may be introduced.

THE VENTNOR CONSUMPTION HOSPITAL,

or, more correctly, the Royal National Hospital for Consumption and Diseases of the Chest, was founded by the late Dr. Arthur Hill Hassall in 1869 on the undercliff, less than a mile west of Ventnor. Originally formed of a

single block, it now consists of eleven, together with a handsome chapel (fig. 44).

The site of this hospital is in many respects an admirable one. Protected to the north by a thickly wooded slope which rises to the green-sand cliffs surmounted by the lofty chalk downs, to the east by a rising patch of undercliff in front of Steephill Castle, and to the west by tall trees, it is separated from the sea by about 300 yards of undulating undercliff, part of which, near the hospital, has been converted into garden and shrubbery. The soil is of sand, the elevation inconsiderable (80 feet) but sufficient to ensure a dry situation. About twenty-two acres of ground belong to the hospital. In the meadow to the east are several shelters, and others will probably be added in the course of time.

The climate of the undercliff is known for its mildness. The winters are warmer than in most other English health resorts, and the summer slightly cooler than further inland. There is a large proportion of sunny weather, with a comparatively small number of rainy days in the year. The mean humidity, although greater than that of Bournemouth, Brighton and Weymouth, and of the stations on the Riviera, is less than that of most British health resorts, the annual mean being 81 per cent., and that of the winter months 84·3 per cent.¹ Ventnor is probably less bracing than the Kentish and east-coast seaside resorts, the German hill sanatoria, and some of the inland districts of England.

The separate blocks composing the hospital are of brick and stone, with slated roofs, and are only united by an underground passage which runs the whole length of the building. They form a uniform line facing south, the four eastern blocks being for women, and the six western ones beyond the chapel being for men. Owing to the slope of the ground, the ninth and tenth blocks have an additional storey, while preserving architectural uniformity; they

¹ *The Climates and Baths of Great Britain*, vol. i., p. 212. London, 1895.

are also larger in other ways. Each block has a separate entrance behind, a covered verandah along the ground floor, and covered wooden balconies to all but the topmost storeys above. Patients occupy without exception a separate room on the south side; the north side containing all the staircases, nurses and servant's quarters. On the ground floor on the southern side are sitting-rooms (some provided with billiard tables, bagatelle boards, etc.), mostly for the use of patients, a few of the rooms being reserved for nurses, and one for the chaplain and the hospital library. The eight smaller blocks consist of ground floor, first and second floors, and contain about twelve patients' bedrooms each. In the first block at the back is the superintendent's office; but in other respects these blocks are almost identical.

No. 9 block is much larger, containing the administrative department, as well as eighteen patients' bedrooms. It is deeper as well as wider, and has, on the south side of the ground floor, a handsome dining hall, 70 x 48 feet and 32 feet high, with parquet flooring, walls panelled for some distance and painted above, and handsome painted ceiling. It is provided with large windows, and lighted with incandescent gas mantles. At one end is a stage which is utilised for periodical concerts and dramatic entertainments. At the other is a large orchestrion, and portrait of the founder, Dr. Hassall. There are six long tables, two being for women. This and the chapel are the only parts where male and female patients meet. In the grounds there is a dividing line which they are not allowed to cross. On the north side of No. 9 block are consulting rooms, dispensary, board-room, bath-rooms, and quarters of the resident medical officers, as well as the kitchen department on the second floor. No. 10 block in many respects resembles the smaller blocks, although in a few details it is more modern. No. 11 block, which has been recently opened, has twenty-one bedrooms. Its floors and staircases are of teak, and are beeswaxed and polished; the walls of Parian cement with rounded angles, the doors and windows

sunk flush with the walls, the balconies of iron and wide enough to permit of the beds being wheeled out on to them. Throughout the older blocks the walls are painted, the floors of deal with painted borders and linoleum in the centre except in the dining-saloon. In the bedrooms the windows are alternately bow and flat; the top floor has mansard windows. The dimensions vary from 1200 to 1400 cubic feet in the older, and 1600 to 1800 in the newer blocks. The ventilation is partly by open windows, partly by the introduction of warmed air from the corridors through an aperture above the door. There are in addition ventilating shafts which are collected under the roof and exhaust the impure air, steam pipes being placed in the main shafts. By these means 5000 cubic feet of air per head per hour are admitted, at a uniform temperature of 62° F. The heating is by means of steam pipes, with radiators in the corridors and bedrooms. Electric lighting has recently been introduced into all parts of the building. The furniture in the bedrooms is simple: white painted washstands, dressing-tables, and chairs, and wire-wove spring iron bedsteads. Excepting for food, coals and the like, there are no lifts; but as far as possible the more robust patients are placed in the upper storeys. The total accommodation is for 155, of whom 104 are men; but this includes two north rooms, which are seldom occupied by patients. On the other side of the approach at the back, sunk below the road level, is the engine-house for heating and pumping water. There is a large softening tank which has recently been added; and it is proposed to make a reservoir on the hillside at a higher level. The water supply comes from a private well.

Like other British chest hospitals, the Ventnor Hospital nominally receives cases of bronchitis as well as phthisis, but practically the patients are all consumptives in an early or remediable stage. The irksome rules in force in most of the general hospitals are not adopted at Ventnor, patients rising at 8 o'clock and going to bed at 9 or 9.30 according

to the season. The *meals* are four in number, at 8.30, 1, 5 and 8. The distance which the female patients have to walk is inconvenient in the case of feeble subjects. Those who are too weak to come to the dining-saloon have some (or all) of their meals in the sitting-room of their own block. At one time all used to dine in their own block; but this system proved to be wasteful. *Sputa* are received out of doors into special Turkey-red handkerchiefs supplied by the institution, which are collected daily and boiled; indoors, spitcups are used which contain a little water; these are emptied into the drain without special disinfection, but the adoption of an incinerator is under consideration.

Open-air treatment is now systematically carried out at the Ventnor Hospital. Shelters have been erected in the grounds; and the balconies of the new block as well as the verandahs on the ground floor, are well adapted for rest out of doors.

There is no systematic hydrotherapy. Cod-liver oil is largely prescribed, as well as drugs of various kinds according to necessity. There are sixteen nurses and two resident medical officers. Since the lamented death of Dr. J. G. Sinclair Coghill, the visiting physicians have been Drs. Robertson, Whitehead and Williamson. There are also a surgeon, an analyst, and consulting and examining physicians and medical referees in various parts of the kingdom. Admission is by letter and payment of 10s. per week, the latter being occasionally remitted.

THE RICHMOND HOUSE CONVALESCENT HOME

at Worthing is connected with the Infirmary for Consumption and Diseases of the Throat and Chest, Margaret Street, London, W. It is an ordinary house, with accommodation for fifteen or sixteen patients, surrounded by a garden; and has been latterly managed on open-air principles. Admission is by subscriber's letter and payment of 11s. 6d. per week, or 15s. without a letter. During 1899 the average

length of stay was three and a half weeks ; so that it cannot be regarded as a sanatorium.

RICHMOND HOUSE, CLARE,

in Suffolk, is a cottage under the medical supervision of Dr. Jane Walker (medical director of the East-Anglian Sanatorium). It is intended for a limited number of women of the hospital class who can be maintained at a cost of 15s. to £1 per week. The cottage is under the charge of a trained nurse. The resident medical officer of Brookside, Clare (p. 378), visits the patients.

THE NORTHERN COUNTIES.

THE DURHAM SANATORIUM.

At a meeting of the Society for the Prevention of Tuberculosis in the County of Durham, held in December, 1899, it was decided to open a sanatorium for twenty men and women. Horn Hall, Stanhope, with two and a half acres of ground, was subsequently acquired for the purpose on a seven years' lease at £40 per annum, and another plot of ground in the same neighbourhood on a 999 years' lease at £5 per annum for the erection of a more permanent building. Subsequently, however, it was decided to enlarge Horn Hall and to retain it as a permanent sanatorium. A promise was therefore sought and obtained for an eighty years' lease at £35, terminable at shorter periods.

Horn Hall is in the valley of the Wear, some distance west of the coal-fields and away from noise, smoke and dirt. It stands on limestone soil, 700 feet above the sea-level, and is sheltered from the north by a spur of the Pennine Chain, points of which rise to 1400 feet above the sea-level. The district is well wooded with pines and other trees. The rainfall is 36 inches. The sanatorium has a fine view, and is surrounded by moorland with abundant opportunities for walking exercise. The grounds are surrounded by a

high wall which protects them from prevailing winds. The building is substantially built in stone, and has accommodation for twelve male patients, all the bedrooms, but two, being on the south side. Among the alterations effected were the substitution of French windows for the original ones on the south and east sides. The walls were painted with duresco, the floors covered with cork carpet and varnished, and additional bath and lavatory accommodation provided. Lighting is by gas. The sanatorium was opened on 15th May, 1899, and from this time until 30th April, 1900, there had been fifteen men under treatment. Most of them had remained from ten to nineteen weeks, the shortest stay having been four weeks. An arrangement was made with Dr. John Gray of Stanhope to act as deputy medical officer at a salary of two guineas per week, for which he was also to supply drugs.

The treatment is based on that at Nordrach. Patients sleep with windows wide open, and spend on an average eleven and a half hours out of doors every day. According to the first interim medical report of the society, issued 30th September, the results have been very satisfactory.

The sanatorium is maintained by subscriptions from workmen of various shipyards and works in the district at the rate of threepence per quarter per man; annual subscriptions from the wealthier classes; and weekly payments by in-patients who do not subscribe regularly. Regular subscribers amongst the working classes have the first claim on the beds for themselves and their families to the full extent of their total subscriptions. The cost per bed is estimated at £78 per annum; with twenty beds it would probably be £65 per annum. It was therefore decided to enlarge the sanatorium in the spring of 1901 by the addition of a wing with eight beds for women, and at the same time to add another kitchen, a large dining-room, two large lavatories with baths, and another staff bedroom. At some future date the accommodation may be increased to forty.

Dr. Wm. Robinson and Dr. Scurfield took a prominent part in establishing this sanatorium.

THE LEEDS SANATORIA.

A temporary sanatorium for the poor of Leeds was started in 1899, at a farm house at Askwith near Otley. This was subsequently given up for another farm house at Farnley in the same district. There are ten beds for patients. It has quite recently been proposed to establish a permanent sanatorium, at first for twenty, later on for seventy-five to one hundred patients, at Gateforth Hall, where some 2000 acres have been bought by the corporation for the disposal of the city sewage. It is intended that the hall and the use of the grounds shall be given free of cost to the Tuberculosis Committee and a small subsidy paid yearly from the city funds. A free bed will be provided for the use of every board of guardians or other body subscribing £50.

At a meeting of the Holbeck and Hunslet Social and Sanitary Association, last year, Dr. Woodcock delivered an address on suitable employment for consumptives. A patch of land in Norfolk was put at his disposal for experimental work in this direction ; but it was not taken up, as the grounds at Gateforth Hall can be used for the same purpose.

THE LIVERPOOL HOSPITAL FOR CONSUMPTION

is in the midst of the city, in a situation quite unsuitable for open-air treatment. It consists of two blocks for women, and men respectively, united by a third which forms the dining-room ; and of an out-patient department in which from 4000 to 5000 patients are seen every year. There are forty-four beds, but usually no more than thirty-six are used, to prevent overcrowding.

THE LIVERPOOL HOSPITAL SANATORIUM

is being built at Roughhill, in Delamere Forest, one of the highest points in Cheshire. Roughhill is in the parish of Kingswood, three or four miles from Frodsham Station, and commands a view of the village of Molesworth and of Eaton Hall, the seat of the Duke of Westminster, as well as of the city of Chester, the river Mersey, and, on a clear day, Snowdon and Moel Famau. Surrounding it is prettily wooded, undulating country. The site has been secured on a long lease from the Crown, and has been planted with 3000 young fir-trees by a generous supporter.

The sanatorium will consist of a main block and a number of small detached blocks. In the main block will be placed, on the ground floor, the medical officer's and matron's quarters, and behind the corridor (which ends in the lavatories) the consulting-rooms and laboratory. On the first floor will be a limited number of bedrooms for patients; in the attics, quarters for the staff. In front of the building, with a south or south-west aspect, will be verandahs and balconies. Running back from the centre of the building will be a passage leading to the dining-hall, and beyond it the kitchen department, with servants' bedrooms.

Most of the patients will be accommodated in small detached blocks, each containing from four to six bedrooms, with bath-rooms, etc. All the rooms will be built with rounded angles and corners, and without projecting mouldings. There will be no fire-places in the bedrooms, heating and lighting being by electricity. The Vyrnwy water main of the Corporation of Liverpool runs within a mile of the sanatorium.

The sanatorium, which is intended for the patients of the chest hospital in Liverpool, owes its existence to the generosity of Lady Willox and Mr. W. P. Hartley, who between them subscribed £15,000 for the purpose. It will

eventually have fifty beds, but at first only fourteen. The foundation stone was laid by Lord Derby on 6th October, 1900.

LIVERPOOL PAROCHIAL SANATORIUM.

A sanatorium is also to be built for the poor of Liverpool by a joint committee representing three of the boards of guardians of the city. A site has been purchased at a cost of £4200 at Heswall, at a height of 650 feet above the sea-level, on the slope of a hill overlooking the river Dee and the Welsh mountains. There will be twenty-five beds. The City Council is not contributing. This useful scheme is largely due to the exertions of Dr. Nathan Raw. Advanced consumptive cases in the infirmaries are now received into special wards.

THE MANCHESTER HOSPITAL FOR CONSUMPTION

has its out-patient department in the heart of Manchester, the in-patient department at Bowdon in Cheshire. Early cases of consumption amongst the out-patients are put on the list for admission to Bowdon. This used to be in the country, but is now a small commercial and manufacturing centre. Round the hospital is a large garden of about three-quarters of an acre, in which for a year past there have been "Liegehallen" for open-air treatment. The hospital has fifty beds in all, in four wards, two of which are for men and two for women. Each ward is 24 x 50 feet, the cubic space per bed being 2000 feet. Ventilation is effected by means of hot pipes, open windows, and an extractor, the air being changed about three times per hour. Heating is chiefly by fresh air passed over hot pipes; lighting by electricity. Large verandahs have been built round the building for open-air treatment. Patients stay on an average twelve weeks, and are treated by hygienic and medicinal remedies, creosote and cod-liver oil being largely used. They pay what they can afford; some 2s. 6d. or 5s.

per week, some nothing at all, the average being about 1s. 6d. per week.

THE MANCHESTER SANATORIUM.

A sanatorium is projected for the poor of Manchester by W. J. Crossley, Esq., at a cost of £100,000. It will probably be on the south-west slope of Moel Gaer near Halkin in Flintshire. The sanatorium is intended to be a three-storey building with 100 beds, some in single rooms, some double, others in wards with four to six beds; all rooms to face south, and to have behind them a corridor two feet wide. There will be a few small balconies and verandahs in the grounds for groups of patients. Probably, in the first instance, there will be only fifty beds provided.

THE NORTHERN COUNTIES HOSPITAL

for consumption and diseases of the chest at Newcastle-on-Tyne is in the town, with no ground attached to it, so that it is quite unsuited for open-air treatment. In-patients are admitted for three weeks, at the end of which a fresh letter is required. There are only five beds, but many out-patients are annually relieved.

NOTTINGHAM SANATORIUM.

An open sanatorium is projected for convalescent consumptives in the county of Nottingham. A number of suitable houses in the country have been selected, and accommodation can already be provided for fifty or sixty patients. These will be chosen from among those who have improved under hospital or other treatment, and have no active disease, but require prolonged rest in fresh air with abundance of nourishing food before they return to their work. It is estimated that a patient can be kept three months for ten pounds.

The above sanatorium is distinct from the projected county sanatorium, for which a site has been offered by the Duke of Portland at Ratchers Hill in Sherwood Forest. This

site comprises fifty acres of moorland and pinewood on sandy soil, standing 470 feet above the sea-level, with a southerly aspect and a good water supply. It is intended to build here a long narrow building with wide verandahs, and a central block of two storeys. The estimated cost is £5000¹ for twenty-five beds.

THE WESTMORELAND SANATORIUM

at Kirkby Lonsdale, near Kendal, was opened in March, 1900, in a building previously used for a convalescent home. Dr. Paget-Tomlinson was one of the chief subscribers, paying the rent (£70) for five years, as well as the cost of furnishing. The sanatorium stands on a sunny hill, 210 feet above the sea-level, on limestone soil, in a well-sheltered situation, about three miles on the Kendal side of Grange-over-Sands. The building consists of a two-storey house of stone, with two large wards respectively for seven men and seven women, and two small isolation rooms. The heating is by hot water pipes. A large wooden dining-room has been added. Small wooden shelters, which can be opened on every side, stand in the large garden. A subscription of £50 gives the right to a bed for one year. The staff consists of a resident medical officer, a matron, two nurses and two servants.

SCOTLAND.

There are at present two sanatoria for the poor in Scotland. A third is being built, and one or more projected.

		Founded.	Beds.
Aberdeen	Projected Sanatorium	Projected	
Dundee	Sanatorium at Auchterhouse	Being built	34
Edinburgh	Victoria Hospital for Consumption, Craigleith	1894	23
Glasgow	Consumptives' Hospital for Scotland, Bridge of Weir	1898	38
Perth	Projected Sanatorium	Projected	16-20

¹ *Brit. Med. Journ.*, 22nd December, 1900.



FIG. 44.—THE WESTMORELAND SANATORIUM.

[Face page 338.]

THE ABERDEEN SANATORIUM

was first proposed at a joint meeting held on 31st May, 1899, of representatives from the Public Health Committee of the city, and others from the local branch of the British Medical Association. Dr. Matthew Hay informs me that no definite step has yet been taken to erect the sanatorium. A new wing is however to be erected at the Convalescent Cottage Home near Aberdeen, with sixteen beds for consumptives, a separate kitchen and dining-room, and facilities for open-air treatment.

THE PERTHSHIRE SANATORIUM

was projected in November, 1900, by the Committee of Management of the Society for the Treatment and Relief of Incurable and Chronic Ailments and Care of Convalescents in Perthshire. A well-sheltered site has been secured on the Barnhill slope, 300 feet above the sea-level. Sir Robert and Lady Pullar have provided the building fund. The funds (£10,000) for endowment are being raised by public subscription. Nearly half has been subscribed.

THE VICTORIA HOSPITAL FOR CONSUMPTION

at Craigleith, Edinburgh, which was for a time the only hospital in the United Kingdom for the gratuitous treatment of consumptives, managed strictly on open-air principles, was opened in 1894 in connection with a free dispensary in the centre of Edinburgh under the care of Dr. R. W. Philip. It was originally a private mansion standing in seven and a half acres of ground about a mile to the north-west of Edinburgh; but another nine and a half acres have been recently acquired, and the accommodation increased by the erection of a wooden annexe. The hospital is surrounded on all sides by fields and open spaces. The soil is sand overlying rock; the elevation 150 feet above the sea-level. The hospital is placed on a gentle slope, facing

south, and is sheltered by a splendid belt of trees. The grounds are laid out with fine lawns and winding paths, and afford shelter in one part or another from every possible wind. There are at present twenty-three beds, seven for men in two rooms on the ground floor, eight for women in three wards on the first floor, and eight more for men in four rooms in the annexe. The rooms have a cubic capacity of about 1000 feet per head, some having nearly double this amount. Each has at least one large window which is open day and night, the larger wards having three. There is no special protection against rain outside the open windows. Heating is by open fires, the temperature being kept as near as possible 60° F. The floors are plain and polished, the walls distempered. The wards of the annexe have panelled walls. There are no balconies, but a piazza in front of the main block, and numerous sun boxes in the grounds. There is a bath-room to about every four patients. The furniture is of the simplest. The bedsteads have an open spring mattress, covered with a horse-hair mattress. The reclining couches are made very narrow to promote absolute repose. The bed-tables are of glass and metal with open shelves, one of which is protected by a thin strip of cotton.

The treatment is mainly by hygienic measures. Every patient spends many hours out of doors every day. Those who are febrile or have much circulatory disturbance are carried out to reclining chairs and couches, or remain in bed. In other cases graduated exercise is adopted, such as walking, gentle cycling, mild golfing, quoit throwing, dumb bells, Indian clubs, or gentle breathing exercises, according to the condition of each patient, and the effect on the pulse. Patients rest before and after every important meal. Every patient is either sponged or bathed in more or less cold water. Occasionally systematic massage is applied. The clothing is simplified as far as possible, Shetland woollen materials being much used. Five meals a day are given, two consisting of soup or warm milk. Stimulants are given

to pyrexial cases as a rule, and to those with much disturbed circulation. Sputa are received solely into spit-cups containing 1 in 20 solution of carbolic acid, or into a modification of Dettweiler's flasks. These are cleansed with boiling water, and the contents poured down the water-closets. Handkerchiefs are not used for sputa, but occasionally rags are used for wiping which can afterwards be burnt. Of drugs cod-liver oil and arsenic are the most used. Formalin inhalations and those with some of the late Dr. Coghill's formulæ are much employed.

Dr. Philip reports that he has seen nothing but good from the treatment, even in cases with considerable pleural effusion. The climate is that of Edinburgh, temperate but changeable, with a fair amount of mist and wind; but the weather is seldom allowed to keep suitable cases indoors. The main results have been an improved colour, better appetite, disappearance of night sweats, diminution of fever, increase of body weight and diminution in cough. The patients at present are seldom able to stay more than two months, but Dr. Philip considers from four to six months desirable.¹

THE BRIDGE OF WEIR CONSUMPTION SANATORIUM

is an outcome of the manifold philanthropic labours of Mr. Quarrier of Glasgow, who was struck with the good results of open-air treatment of tuberculous children from his orphanages, and decided in 1897 to extend the benefits to adults.

Bridge of Weir is a village on the G. and S. W. Railway about sixteen miles from Glasgow. Two miles farther by road, nestling amongst the Renfrewshire hills, is a small group of buildings consisting of an old and a new patients' block, an administration block, with laundry, engine house, etc., and the secretary's residence.

¹ See *Brit. Med. Journ.*, 23rd July, 1898; *British Sanatoria* (Bale & Son), "Edinburgh Hospital Reports," vol. iii., 1895.

The old block is a handsome stone building on two floors, with an additional storey in the centre. Patients' rooms are nearly all on the south side, the corridor to the north, with a handsome marble vestibule in the centre and lavatories at the ends. The bedrooms are floored with polished boards, the angles next the walls being rounded with a bold curve. Walls are washable, furniture simple, and fittings fairly free from dust-retaining ledges, although the whole building is beautifully and almost luxuriously fitted up. The walls are double and the windows were also double, the heating being originally by means of warm air by propulsion. It was, however, soon discovered that this was a hindrance to treatment, so that the inner windows have everywhere been removed, and ventilation by open windows substituted, together with heating by open fires. The ground floor was originally intended for a number of day-rooms; but these have been mostly transformed into wards. There are now beds for about twenty-six patients in this block, twelve on the ground floor and fourteen on the next floor. The dining-room is on the first floor, the kitchen above. In the basement are bath-rooms, and space for the heating and ventilating apparatus, which will presently be replaced by a cloak-room for the patients. This block was opened for patients in April, 1898.

The second block, which has recently been finished, is built in the same style as the first, but with some modifications and improvements, and will accommodate about forty patients. A new kitchen department is placed behind the centre of the corridor. On the roof is a Mann's extraction flue. In the bedrooms the concave skirting next the floor has been replaced by one which ends above in a convex border; but in other respects there is little difference from the other building. When this block is finished, further alterations will be made in the first block, which will bring up the total accommodation to about eighty.

The treatment is modelled on that at Nordrach. Food is weighed out and served by the medical officer (Dr. Camp-



FIG. 45.—BRIDGE OF WEIR SANATORIUM.

[Face page 342.]

bell), who presides at each of the chief meals. Couches are but little used, febrile patients resting in bed.

The existing blocks are reserved for women and children. When another women's block has been built, it is proposed to erect three more for men on an adjoining piece of land with a somewhat more westerly aspect. A doctor's house is also projected. There is a dispensary in Glasgow from which patients are drafted.

The staff consists of a resident medical officer, matron and three nurses, as well as servants. All doubtful points are submitted to an advisory board of five distinguished medical men.

THE DUNDEE SANATORIUM

is being erected at Auchterhouse, on a site of about twenty-one acres granted by the late Earl of Airlie, 800 feet above the sea-level, and well sheltered from north and east winds. The cost of erection, which is estimated at £13,000, has been met by a generous donation of £15,000 from ex-Provost Moncur, and an anonymous donor has promised £500 per annum for five years for maintenance.

The sanatorium will comprise three or more blocks, a main residential block, a second block to the north-west, for dining-hall and kitchen department, connected with the first by a covered corridor, and a laundry block to north-east. The main block has a frontage of 200 feet, on two floors with attics, consisting of single rows of rooms with straight corridors to the north. On the ground floor will be accommodation for eighteen men, including ten single-bedded rooms and two wards of four beds apiece. Each room will have an oriel window giving access to the terrace and grounds. Behind the corridor are pavilions at the ends for lavatory accommodation, etc., and in the middle for doctor's room, laboratory, consulting and waiting-rooms. On the first floor are the sitting-rooms for doctor, matron and nurses, together with rooms for sixteen women patients, eight of these being single-bedded rooms. In the attics are bedrooms

for the matron and staff. All the patients' rooms will face south, and be heated by radiators. The dining-hall will seat forty persons. The laundry block will have attached to it a boiler house, and another which will accommodate the accumulators when electric lighting is installed.

IRELAND.

There are two special hospitals for the consumptive poor in Ireland. Consumptives are also admitted to the Throne Hospital, Belfast, and to other general hospitals, as well as to the Royal Hospital for Incurables at Dublin.

		Founded.	Beds.
Belfast . .	Forster Green Hospital for Consumption, Fortbreda	1897	40
Dublin . .	National Hospital for Consumption for Ireland, Newcastle, Wicklow	1896	34

THE NATIONAL HOSPITAL FOR CONSUMPTION FOR IRELAND, at Newcastle, in the Wicklow Hills, is situated three miles from the sea, on the southern slope of a hill, which shelters it from the north and to a less extent from the east. The hospital is 270 feet above the sea-level: to the south-west and west, at a distance of a mile or two, is a chain of hills 700 or 800 feet high. The soil is gravel, in the deeper parts of which are many springs of water. The climate is mild, humid, and equable, with from 77 to 84 per cent. mean daily humidity, about 40 inches rainfall, and 195 rainy days per annum. The prevailing winds are north-west and south-west.

The hospital, which is shortly to be enlarged, consists of an administrative block connected by glass shelters with two other blocks for men and women respectively. The latter have each three floors, the two upper provided with balconies on the south side, the lower looking on to a terrace. The present accommodation is for thirty-two patients, an

equal number of each sex ; twenty-four in single-bedded rooms, the rest in wards with four beds apiece. It is intended to add a block on either side, each to house thirty more patients. The ventilation of the original blocks was at first on the plenum system ; but this has been abandoned, open windows and open fires being depended upon. The heating is still by the plenum system, hot air being pumped into the rooms. Lighting is by electricity. There is a liberal supply of baths on each floor, but hydrotherapy is not employed systematically. The sewage passes into a closed cesspool, the overflow of which passes into a branching drain deep in the soil, which it permeates in every direction.

Treatment is by open-air methods, and has been very satisfactory, judging by the reports already published. The food is abundant ; rest is taken in bed or in one of three shelters in the grounds ; exercise to a moderate extent, not exactly graduated but under medical supervision. The sputa are burnt in the furnace ; spit-cups being used at night and Dettweiler's flasks by day, and disinfected with antiseptic solution. There are two visiting physicians, Dr. Parsons and Dr. Coleman, who live in Dublin, and a resident medical officer, Dr. Steede. Admission is by subscriber's letter. The hospital is supported by voluntary subscriptions. The average duration of treatment is ten weeks. In each of three years the average gain in weight has been greatest in autumn and winter.¹

THE FORSTER GREEN HOSPITAL FOR CONSUMPTION

and Diseases of the Chest, was opened on the 30th October, 1897, at Fortbreda on the Castlereagh Hills, a short distance from Belfast, but sufficiently far removed to ensure a pure atmosphere and a healthy situation. Erected

¹ See *Annual Reports* ; also paper by Dr. Steede at the Dublin Congress of the Royal Institute of Public Health, August, 1898.

through the munificence of Mr. Forster Green, who contributed over £13,000, it has been amalgamated with the Belfast Hospital for Consumption and Diseases of the Chest, which has existed in the city since 1880.

The hospital stands in its own well-wooded grounds of forty acres, on a sandy subsoil, on the western slope of the Castlereagh Hills, 200 feet above Belfast Lough, of which a magnificent view is obtained. The hospital was originally a private mansion, and has seven or eight villa residences within half a mile. The grounds contain sheltered walks, and are provided with a shelter with shifting panels and room for five lounge-chairs. There is also a large conservatory for the patients' use, and a verandah 12 feet deep and 70 feet long along the south side of the building. The latter consists of a ground floor and three upper floors; it was heated and ventilated by the plenum system, fans propelling 5000 cubic feet per head per hour of filtered and if necessary heated air into the rooms; but this method has been abandoned for natural ventilation. There is electric lighting and an electric lift for patients. The water supply is pumped up by an electric motor. The windows are extra large, of the usual guillotine variety. The walls are distempered; the floors covered with heavy linoleum, excepting in the recreation pavilion, which is floored with polished pine, and in the passages which are paved with stone. The wards contain from two to five patients each, the total number of beds being forty. On the ground floor is a dining-saloon 30 feet \times 16 feet; the kitchen department, a staff dining-room, smoke-room and store-room. On the first floor on one side is a large board-room, and on the other four large wards, each 23 feet \times 17 feet. On the next floor are sitting and bedrooms for the nursing staff and matron, together with seven wards. The top floor contains bath-rooms and servants' bedrooms.

Treatment is stated to be by open-air methods. A large apparatus is kept for sterilising milk; and a set of meteorological instruments has also been presented to the hospital.

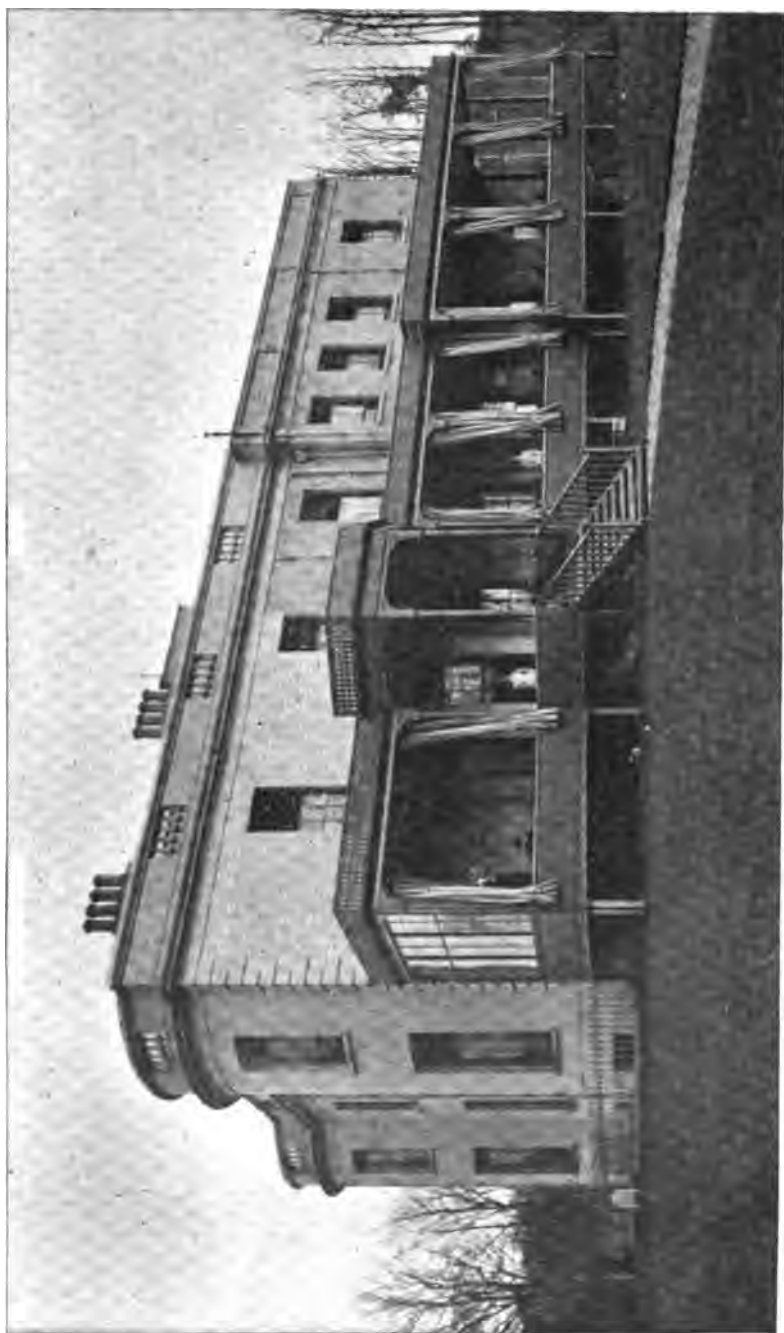


FIG. 46.—FORSTER GREEN CONSUMPTION HOSPITAL.

[Face page 948.]

Admission is by subscriber's letter, the patient or his friends also paying what they can afford towards the cost of treatment. There are a few free beds. There are three visiting physicians: Drs. Purdon, Simpson and Sinclair, as well as a visiting surgeon, laryngologist, and pathologist.

CHAPTER XLVIII.

BRITISH SANATORIA FOR PAYING CONSUMPTIVES.

DURING 1899 and 1900 many sanatoria of various descriptions for paying consumptive patients have been opened in this country. They mostly profess to model their treatment on that of Nordrach in Germany, which appears to be much better known and appreciated in England than in Germany. The following is a list of such institutions:—

Alderney Manor Sanatorium.	Mendip Hills Sanatorium.
Altadore	Moorcote
Bellevue	Mundesley
Brinklea	Nordrach upon Dee.
Brookside	Nordrach upon Mendip.
Cotswold	Ochil Hills Sanatorium.
Crooksbury	Overton Hall
Dunstone Park	Pendyffryn Hall
East Anglian	Rossclare
Grampians	Rostrevor
Hailey	Rudgwick
Harbourne	Stourfield Park
Holne Chase	Swiss Villa, Swanage.
Inglewood	Sunny Nook Sanatorium.
Knocksualtach	The Firs.
Linford	Timbercombe.
London	Whitmead Hill Sanatorium.
Maitland House	Woodburn

INLAND SANATORIA IN THE SOUTHERN COUNTIES.

Name.	Nearest Town.	Medical Director.	No. of Beds.
Crooksbury Sanatorium ¹	Farnham	Dr. F. R. Walters	20 ⁴
Hailey Sanatorium ²	Reading	Dr. C. Reinhardt	12
Harbourne Sanatorium	Ashford	Peter Paget, Esq.	20
Linford Sanatorium ¹	Ringwood	Dr. Mander Smyth	15
London Sanatorium ¹	Reading	—	(64)
Maitland House Sanatorium ³	Reading	Dr. Esther Colebrook	8
Moorcote Sanatorium	Reading	W. Langworthy Baker, Esq.	12
Rudgwick Sanatorium ³	Horsham	Dr. Annie McCall	12
Whitmead Hill Sanatorium ³	Farnham	Dr. Hurd-Wood	19

THE CROOKSBURY SANATORIUM

has been specially built in the lovely tract of country to the south of the Hog's Back, near Farnham in Surrey. This district forms the widest part of the southern outcrop of the Lower Greensand formation, which is covered mainly by open moorland with pine woods, stretching for over twenty miles to the south-west. This extensive sandy region appears to modify the climate, rendering it relatively dry, while in the higher parts, such as the Hindhead and around Crooksbury Hill, it is distinctly bracing with a large proportion of sunshine. The district has a large amount of common land, and possesses some of the finest scenery in the South of England.

The grounds of the sanatorium cover thirty-two acres of land. They have been laid out with several miles of walks of the most varied character, level and sloping, through grass and heather, or under the pine-trees which cover much of the surface. Numerous specially designed

¹ Specially built.² Sleeping huts and mansion.³ Special block added.⁴ 12 open.

shelters have been erected in different parts of the grounds. The soil—Folkestone beds—is mainly sandy for several hundred feet below the surface, so that it rapidly dries after rain. Pine-clad hills lie to the north, east, south-west, and west, protecting a shallow valley trending south. At the head and sides of this valley are well-wooded, pine-covered ridges. Beautiful and extensive views may be obtained from many parts of the grounds, northwards towards the Hog's Back and the Aldershot hills, to the south over a semicircle extending from Leith Hill and the Charterhouse to the Hindhead and the Hampshire hills. The nearest towns are Farnham (three miles), Guildford (eight miles) and Godalming (seven miles).

The sanatorium stands on a sheltered situation about 400 feet above the sea-level, on Crooksbury ridges, immediately to the east of Crooksbury Hill. The ground rises rapidly to the north of the building, and falls gently to the south. The main building contains twelve bedrooms on one floor, all looking south, and served by a common corridor, behind the centre of which lies a large dining-saloon, attached to the two-storey kitchen block. It is built of brick covered with white rough cast, and has a red-tiled roof. The centre of the latter forms a nurses' bedroom, the rest being used as box-rooms. Lavatories with needle-bath, etc., and earth-closets project northwards from either end of the corridor. Walls and ceilings are of hard cement covered with washable distemper, all angles being rounded and dust-retaining ledges avoided. Floors are waxed and polished, covered with a few detachable carpet-strips. Most of the bedrooms are 12 x 10, a few being larger, and are fitted with corner cupboards with sloping roofs and specially designed tiled washstands. The large French windows surmounted by fanlights look on to a garden with large lawns, and open on to a tiled terrace protected by glass screens. From each bedroom an airshaft leads across the corridor to the open



FIG. 47.—CROOKSBURY SANATORIUM.—IN THE GROUNDS.

[Face page 350.]

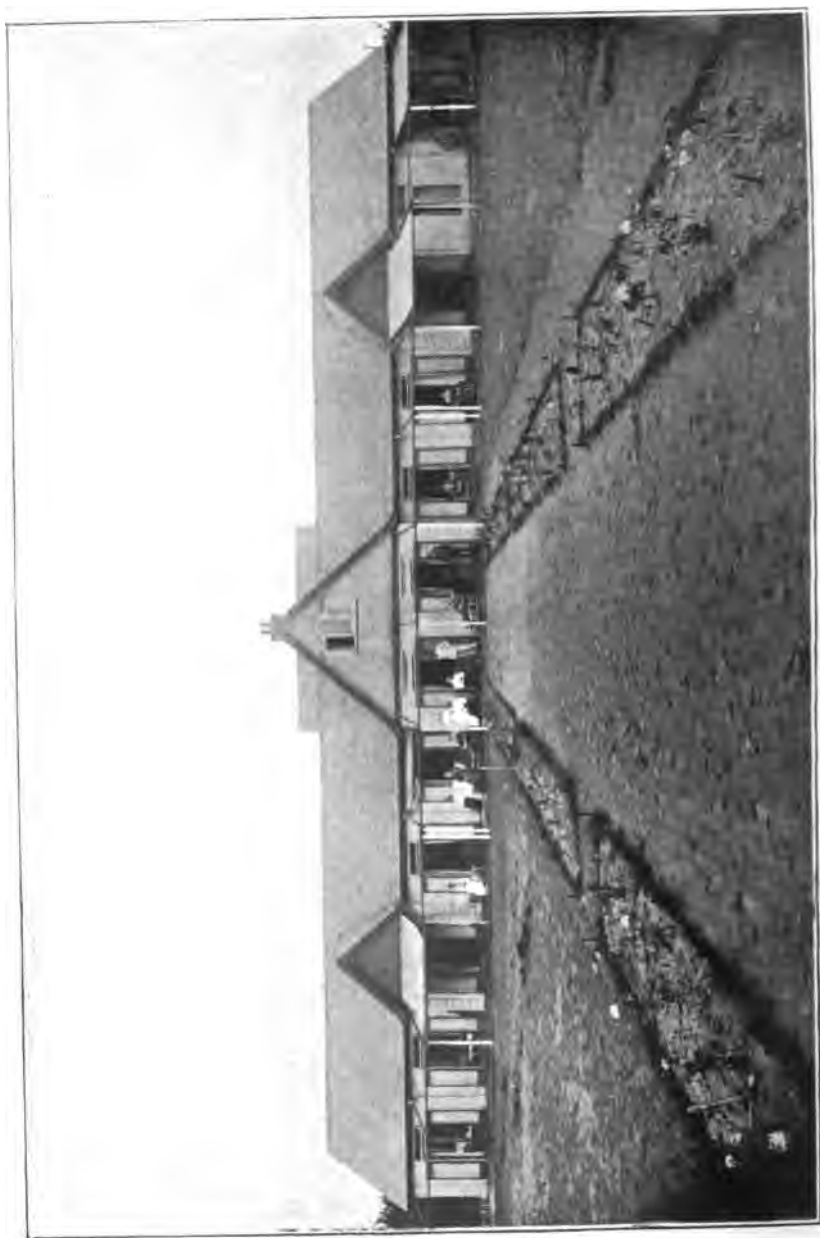


FIG. 48.—CROOKSHURY SANATORIUM.—OLD BLOCK, SOUTH FRONT. 4

[See page 361.]



FIG. 49.—CROOKSBURY SANATORIUM.—IN THE GROUNDS.

[Face page 351.]

air behind, so that a current of fresh air passes through the room even if the door be shut. The furniture and fittings of the rooms are both practical and artistic and have been specially designed or chosen so as not to retain the dust and to be readily cleaned with a wet cloth. Each room is finished a little different from the rest, in order to make it more home-like and less like an institution. Heating is by hot-water pipes; lighting by electric light, produced by an oil engine in a distant part of the grounds. The water supply is from the Wey Valley Water Company's mains. All drinking water is purified by a Pasteur-Chamberland filter. There is a large storage tank for rain-water behind the building. The waste water is purified on the principles advocated by Dr. Vivian Poore. A new building with eight south rooms on two floors is being built a little higher up the hill.

The treatment agrees in all essentials with that adopted at Nordrach in Germany, but with modifications to suit British patients. It includes a rigidly enforced open-air life, personally superintended by the medical director; absolute rest or graduated exercise, according to the degree of fever and other circumstances; moderate forced feeding; drugs and hydropathic measures whenever indicated. The windows in the bedrooms, corridors and dining-rooms, are never completely closed, and as a rule are wide open day and night, except during dressing and undressing. The dietary is varied and abundant, a high-class British standard being adopted, with three chief meals a day, and a relatively large proportion of butter, cream, fresh meat, and milk puddings. On the other hand, patients are not compelled to eat dishes which appeal solely to the German palate; nor are they compelled to remain in wet clothes, or to abstain from the use of woollen underclothing, or of a reasonable amount of extra covering in cold weather. The "Liegehalle" system is not adopted; visitors are not encouraged, but are allowed to see their friends with the medical director's permission at reasonable intervals. Sputa are

received into spit-cups, spit-flasks, or Japanese handkerchiefs, and are destroyed by burning. Cleaning is done every day by special methods which do not raise the dust; and after the departure of a patient the bedroom and its contents are systematically disinfected.

The staff includes a lady superintendant, housekeeper, two nurses, and two resident physicians. The medical director, Dr. F. Rufenacht Walters, lives in a house to the north of the sanatorium connected with it by telephone. The second medical officer, Dr. C. G. Higginson, lives in one of the sanatorium blocks.

Terms are from four and a half guineas upwards, including all excepting personal laundry, beverages, special medicines, and special nurse (if required). A reduction is made for long residence.

Railway stations: Farnham (three and a half miles, L.S.W.R.); Tongham (two and a half miles, L.S.W.R.); Ash (four miles, S.E.R.). Connection with the Great Western Railway at Reading. Distance from London thirty-six miles.

Telegrams: Sanatorium, Farnham.

HAILEY SANATORIUM,

on the Chiltern Hills, consists of an old country house, with out-buildings, on about thirteen acres of land, together with a detached thirty-five-acre patch of breezy upland a quarter of a mile away. Dominated by the highest chain of the Chilterns, which form a sort of amphitheatre to north, east and west, the sanatorium is surrounded by open fields which extend to the valley of the Thames, and enjoys beautiful and extensive views in many directions. Round the house is a well-kept old-fashioned garden, with good lawn, lofty ivy-clad elm-trees and ornamental pines, and farther off a productive orchard and grassy meadows which fall to the westward. The upland patch consists of open

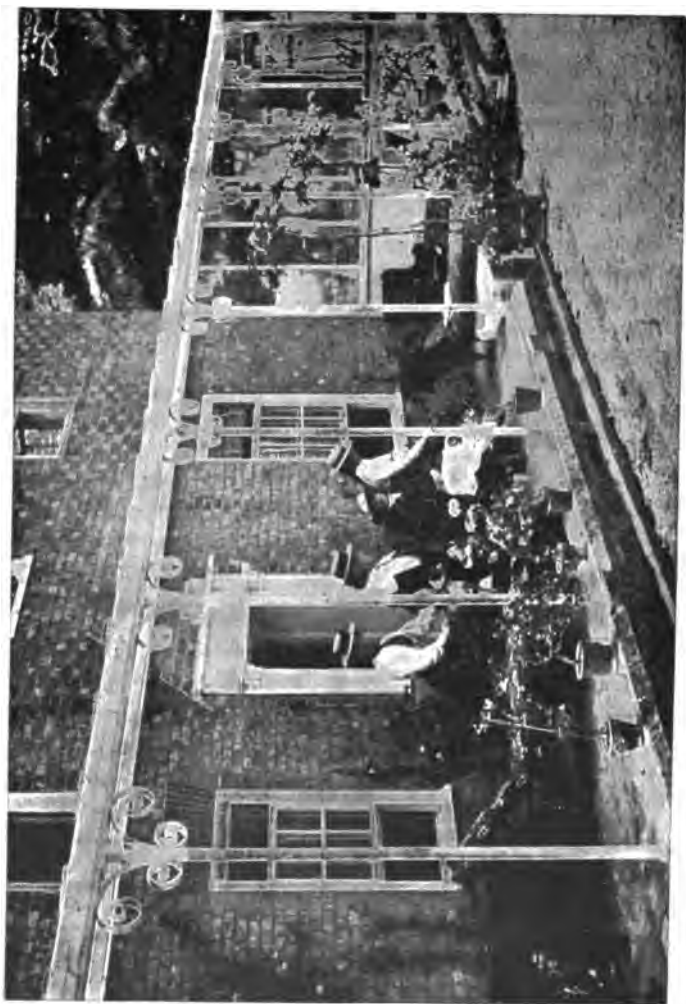


FIG. 50.—HAILEY SANATORIUM.

[Face page 852.]



FIG. 51.—HAILEY SANATORIUM.—A SLEEPING SHELTER.

[Face page 353.]



FIG. 52.—HAILEY SANATORIUM.—IN THE GROUNDS.

[Face page 353]

fields reaching to the top of the hill, surrounded on three sides by a narrow belt of beech-trees.

The soil of the district is chalk, covered with brick earth or gravel. The altitude near the house is about 350 feet, but the grounds rise from 250 to 600 feet, so that there is plenty of scope for graduated hill climbing.

The house itself has been somewhat remodelled for its present purpose. Over the entrance and the eastern side is a large glass verandah, which can be used for some of the meals. On another side is a small glass conservatory communicating with the basement. The rooms throughout the house have been provided with extra large windows, and in some cases a second window has been put in. The walls are of the ordinary kind, with paper and skirting board; floors covered with linoleum or cork-carpet. Heating is by open fires, lighting at present by lamps and candles. Sewage is carried into a cesspool. Earth-closets are also provided. The house is supplied with water from its own well, sunk into the chalk. Four of its rooms are at present available for patients; but the house will be used in time solely as an administrative block, surrounded with wooden sleeping chalets. Each of these is raised on piles, and has windows on all sides, a space for ventilation just below the roof, and a narrow covered verandah in front. An outlying cottage has also been utilised for the reception of patients, so that twelve patients can at present be received. Another isolated cottage is to be used for laundry and disinfecter.

The nearest large town is Reading, fifteen miles away. The medical director, Dr. Reinhardt lives at Goring, five miles off. There is also a resident-medical officer, as well as a matron and nurse who have both had personal experience of open-air treatment. Dr. Reinhardt was probably the first British physician to publish a description of Nordrach in Germany.

Railway stations: Goring or Wallingford (G.W. Railway), the latter four and a half miles distant.

Terms from four to seven guineas per week.

HARBOURNE SANATORIUM,

High Halden, Ashford, Kent, is under the care of an experienced trained nurse, Mrs. Stansfield, and of Peter Paget, Esq., M.R.C.S., L.R.C.P., the visiting medical officer. Two other institutions are under the same proprietorship and management: the St. John's Nursing Institution for the Aged and Afflicted, Upper Holloway, N., and the Invalid's Country Home, Tenterden, Kent.

Harbourne is about four miles from Tenterden Station on the South-Eastern Railway, and was described by G. P. R. James in his novel *The Smugglers*.

The soil is dry, the elevation satisfactory. From the top of the house on a clear day the sea can be distinguished at a distance of ten miles. Surrounding the house are some twenty acres of land, partly wooded with fir-trees. The neighbourhood is remote from any town, and abounds in walks of the most varied character. Harbourne Wood is close by; and good protection is given against northerly and easterly winds by the surrounding hills and woods.

The house is on two floors, built of brick. The main part is squarish, with a tower on one side and a projecting wing with greenhouse on the other. The bedrooms are all lofty, and vary in size from 25 x 18 feet to 12 x 9 feet 6 inches. There are four large day-rooms, each 25 x 18 feet or more. There are also two bath-rooms, three lavatories, three kitchens, etc. The floors are mostly of polished oak, the windows large sash windows. The house faces south-east, the bedrooms and corridors in various directions. Ventilation, sewerage, and water supply are all described as excellent. The heating is by hot pipes, the lighting by oil lamps.

The treatment is on the usual lines. Patients are seen once a day by the medical officer. Terms from four guineas, including all excepting laundry, alcoholic beverages, drugs, and special nurse if required.



FIG. 53. -- LINFORD SANATORIUM. -- RESIDENTIAL BLOCK.

[Face page 355.]

LINFORD SANATORIUM

was one of the first in England to be specially built for "Nordrach" treatment, being opened in May, 1899.

It is situated in the open country, two and a half miles from the little town of Ringwood. Surrounding it on all sides is the heather-covered moorland which forms a large part of the New Forest. Hills and woods protect the sanatorium from north and east winds. Within a stone's-throw to the north-east are some 1500 acres of woodland, covered chiefly with pines and oaks. But little cultivated land, and but few isolated houses are found in the district. The sub-soil is mainly gravel, with here and there patches of clay, overlying the Bagshot sands at a depth of about 12 feet. The sanatorium buildings consist of a residential portion, a refectory, and a farm. The residential portion stands 160 feet above the sea-level, near the top of a hill facing south-south-east in three acres of garden ground. The refectory or dining block, which includes kitchen and office, together with bedrooms for the staff, is separated from the residential portion by the garden and road, together with a certain amount of common land through which runs a small stream of water. Around this block are two acres of garden and meadow. The farm has attached to it twenty-eight acres, making thirty-three acres in all. Near the refectory is the engine house for production of electric light.

The residential block is a two-storey brick building with attics. The bedrooms are all on the south side of the corridor, and have each two large casement windows, wood panelled walls, floors of maple, floraxed, and specially designed furniture. Each room has a douche in one corner, and a fixed wash-basin, both supplied with hot and cold water, and is heated by hot-water pipes with an American radiator. In size each room is 13 x 15 feet, and 9 feet high. The only hangings are washable curtains, and a few strips of carpet.

The bedrooms in this block, available for patients, are thirteen in number, including two in the roof. In addition

there are two rooms in the farm, a trifle smaller, and with douche-room in common, but in other respects nearly the same as the rest. The dining-saloon is a large room resembling the one at Nordrach in Germany, placed on the south side of the kitchen and offices. It has large removable windows on the two longer sides, which look east and west. There are two shelters in the grounds, one of which is temporarily used as a sleeping shelter. An extension is projected. There is no "liegehalle" or covered verandah.

The water supply is from a well 40 feet deep, sunk into the Bagshot sands, from which water is pumped on to the roof of each building. The water-closets are built out to the north of the corridor in the residential block. Sewage is purified by filtration tanks and the effluent applied to the land. At the farm there are earth-closets. Waste water, like the sewage, runs into tanks.

The treatment is strictly modelled on that at Nordrach in Germany, where the medical officer, Dr. Mander Smyth, was at one time patient, and later on assistant physician. The milk supply is not sterilised, and is from cows which are not tested with tuberculin, but are specially fed to provide uniformly rich milk, the butter being obtained elsewhere. There is a refrigerator for meat and ice.

The terms are five guineas, including board, lodging, medical attendance and medicine. Extras are personal laundry, alcoholic drinks, and special nursing if required. The beds at the farm are a little cheaper.

Applications to Dr. R. Mander Smyth, Linford, Ringwood, Hants. Station: Ringwood (L.S.W.R.).

THE LONDON OPEN-AIR SANATORIUM

is being built at Pinewood, Wokingham, near Bracknell in Berkshire, about eleven miles from Reading. The district is hilly, with picturesque scenery, and consists largely of pine woods and open heather land. Eighty-five acres of land have been acquired, on sandy soil consisting of Bagshot



FIG. 54.—LINFORD SANATORIUM.—THE REFECTORY AND DOCTOR'S QUARTERS.

[Face page 356.

sand. The altitude of the sanatorium is about 280 feet above the sea-level. It is placed in a forest glade which stands in a sort of amphitheatre of pine-trees, well sheltered, with clear open space to the south.

The buildings consist of a central block, a dining-room block with kitchen behind, and a laundry block.

The central or administrative block will have on either side a large pavilion on two floors, with accommodation on ground and first floors for thirty-two patients, and provided with bath- and douche-rooms, lavatory, hot-water plant etc., on the north side. Every patient's room will face approximately south, and will have behind it a long well-ventilated corridor. The windows will be large, with fanlights up to the ceiling.

The total accommodation will be for sixty-four patients. The whole place will be lighted by electricity.

The funds have been advanced by a member of the firm of Wernher Beit & Co. The sanatorium is intended for the less wealthy middle-class patients. The charges will be made "as moderate as possible".

Applications for admission will be made to the London office at 20 Hanover Square, W. Dr. Alf. Hillier is the hon. secretary.

MAITLAND HOUSE,

Kidmore, on the lower slopes of the Chiltern Hills, is about five and a half miles from Reading. Surrounding it are grassy meadows, open commons, and farther off beautiful beech woods. The district is bracing; the soil, gravel overlying the chalk.

The house itself is small but airy, and has four rooms for patients, with others for the staff. Adjoining it is a large wooden dining-room. In the garden are several shelters, and a wooden building with a narrow covered balcony. This building accommodates four more patients and two of the staff. As this is a temporary sanatorium, little alteration has been made beyond the provision of shelters in the garden.

A large building is projected, but arrangements are not yet completed.

Dr. Esther Colebrook, the medical director, lives half a mile away, but spends most of her time at the sanatorium. Hastings Gilford, Esq., F.R.C.S., of Reading, is consulting surgeon.

Access: Railway to Reading (G.W.R. or S.E.R.), thence by carriage.

Terms: Three guineas per week; in winter three and a half, with bedroom fire. In some cases a reduction is made with the help of a special fund.

MOORCOTE SANATORIUM

was opened at Eversley, near Winchfield, Hampshire, in the summer of 1899. The district is richly wooded with pine-trees, the soil being gravel, overlying sandy tertiaries. The house is four miles from the nearest railway station, and is surrounded by its own grounds. It faces south, and is sheltered from the north and east.

It consists of a two-storey building with roomy corridors and large hall, and has accommodation for ten patients.

There is a good water supply.

The sanatorium is under the care of Mrs. Godfrey, who was herself under "Nordrach" treatment, and is aided by a trained nurse. Dr. W. Langworthy Baker is the resident physician.

Terms: four to five guineas, including medical attendance; extras: wines and laundry.

Railway stations: Reading (G.W.R.), Winchfield or Wokingham (S.W.R.), Wellington College (S.E.R.).

Applications to Mrs. Godfrey, the proprietress.

RUDGWICK SANATORIUM

is situated about 240 feet above the sea-level in beautiful country near the borders of Surrey and Sussex, on a hill which gives distant views over the Sussex Weald and the

South Downs and Surrey hills. A house standing in four acres of garden and meadow-land, one of a long straggling line of country cottages, has up to the present been used to accommodate the patients, but will in future be chiefly used as an administration block. The grounds slope down to the south and west; higher hills protect the place to the north. The soil is a light clay (Horsham clay); the climate is mild, figs ripening in the open air. For shelter there are a large walnut-tree, a large glass conservatory, used for meals; a small green-house and two wooden shelters; others are to be added soon. Halfway down the western slope is a newly built brick house on two floors, designed for twelve patients. The corridor runs north and south, the rooms being placed symmetrically on either side. Eight have two windows apiece, two have French windows and will lead on to a balcony. Over the porch on wooden pillars is a bath-room and closet. The water supply is from a well in the grounds.

The matron is a fully trained nurse; another nurse is also kept. Dr. Annie McCall, the medical director, lives in London and attends about once a week, a local doctor being called in when necessary.

Rudgwick Station (on the L.B. & S.C. Railway line from Horsham to Guildford) is about five minutes' walk from the sanatorium.

Terms: two guineas; bedroom fires and special medical visits are extra.

WHITMEAD HILL SANATORIUM

was originally a private house built for Sir Henry Cunningham, but has been altered and added to by Dr. Hurd-Wood with a view to its present purpose.

It is situated at Tilford, near Farnham, on a small plateau overlooking a large expanse of open country, with the Hindhead in the distance, and is sheltered to the north by Crooksbury Hill and to the east by a well-wooded slope, but

is rather exposed to the south and south-west. It is on sandy soil (Lower Greensand), has a southerly aspect, and stands about 300 feet above the sea level.

The grounds, which cover about eighteen acres, are cleft on the east side by a deep sloping valley, running south, and wooded in part with large beech- and pine-trees.

The original building is a picturesque house in cottage style, containing on the ground floor the dining-room, drawing-room, consulting-room and kitchen department, and on the first and attic floors rooms for seven patients, mostly to the south and west. This portion presents no special advantages for open-air treatment; but like other parts of the establishment is lighted by electricity. It is comfortably furnished like an ordinary gentleman's residence; and has very fine views from many of the rooms and from the terrace in front, over Leith Hill on the east, to Hindhead, and the Hampshire hills on the west.

The new building, which was completed in August, 1900, lies to the west of the older house, and consists of twelve bedrooms on two floors, connected by a staircase at the eastern end which unites the two corridors. In front of the lower floor is a deep glass verandah, 63 × 15 feet, which will in suitable weather be used as a dining-room. In front of the upper floor is a shallow balcony. This floor is reserved for ladies. The rooms are all 12 × 8 feet, with a projecting fire-place. The floors are covered with linoleum, the walls distempered. Each bedroom has half-glazed French windows with fanlights, and is furnished with washstand, bedstead, chest of drawers, but no wardrobe. There is a bath-room on each floor.

Altogether nineteen patients can be received, including seven in the old house.

The whole building is lighted by electricity. The corridor is heated by hot pipes, the rooms by open fires. The water supply is from a private well. To the north of the sanatorium a house has been built for Dr. Hurd-Wood, and farther east are the stables and a small cottage.

The treatment is based on the usual lines. Three good meals are provided per diem, with milk and other extras according to need.

The staff includes a trained nurse-matron, a secretary, and Dr. Hurd-Wood, the medical director.

Fees: from five guineas, including all, excepting personal laundry, alcoholic liquors, or special nurse if required.

Station: Farnham (L. & S.W.R.), three and a half miles. Applications to the secretary, Whitmead Hill, Tilford, Farnham.

SOUTHERN SANATORIA ON THE COAST.

Name.	Nearest Town.	Medical Director.	No. of Beds.
Alderney Manor Sanatorium ¹ .	Bournemouth .	Dr. Johns .	25
Brinklea Sanatorium ² .	Bournemouth .	Dr. Kinsey Morgan	10
Holne Chase	Bexhill-on-Sea .	Dr. Wills .	8
Inglewood Sanatorium ² .	St. Lawrence, I. W.	Dr. Chowry Muthu	20
Overton Hall Sanatorium	Bournemouth .	Drs. Pott and Stein	16
Stourfield Park Sanatorium ² .	Bournemouth .	Dr. David Thomson	45

The institutions in the south-western counties are described at pp. 370-378.

Although Bournemouth has 40,000 inhabitants, it is less "towny" than most other places of the same size, owing to the large area over which it is scattered and the large proportion of private and public gardens. It lies on the Bagshot beds (mostly sandy), which rest upon the London clay, and has a warm and equable (in hot weather somewhat relaxing) climate. The climatic advantages of the Isle of Wight are too well known to require mention. Bexhill is sunny and moderately bracing and has a dry soil.

¹ Sleeping huts.

² Sleeping huts and mansion.

ALDERNEY MANOR SANATORIUM.

When Dr. Denton Johns severed his connection with the Stourfield Park Sanatorium, at Bournemouth, in December, 1900, he acquired Alderney Manor, an estate of 600 acres of pine woods and heather in the same part of Boscombe, but a little higher up the hill, for the purpose of erecting thereon a new sanatorium. The place is 210 feet above the sea-level, and is near the sea and the valley of the Stour. In addition to natural shelter there is a large garden surrounded by a 7 foot wall which protects against wind.

The buildings consist of a wooden administrative bungalow and a number of wooden sleeping-huts provided on all sides with windows. The drainage is connected with a newly made main sewer; the water supply is from the Poole Water Supply Co. There are no verandahs or "liegehallen". For those who are fit for it, shooting and fishing can be obtained on Lord Wimborne's preserves, and rabbit shooting on the estate itself. An arrangement has been made with an estate agent to give instruction in the management of landed property to those desiring to be trained for the profession. The treatment is based upon that adopted at Nordrach in Germany. Visits of friends are only exceptionally permitted.

There is accommodation for twenty-five patients.

The fees are from four guineas per week; extras: personal laundry, wine or spirits, medicine and special nursing.

The sanatorium is about two miles from Parkstone Station.

BRINKLEA

is situated close to Alum Chine in the western part of Bournemouth. Surrounding it is a large piece of ground, for the most part thickly wooded, which stretches down hill into the Chine. The sea is within a few minutes' walk, but the place is sheltered by trees and rising ground against the boisterous south-westerly breezes, as well as against north-easterly and easterly winds. The immediate neighbourhood is occupied on two sides by villa residences with gardens

attached. Not far off is Branksome Park, which provides extensive walks amongst the pines. The house is about 100 feet above the sea level, and like the rest of Bournemouth is on sandy soil. It has at present accommodation for ten patients, but an extension is projected which will raise the number to thirty-five.

The entrance on the west side opens into a comfortably furnished and softly carpeted vestibule, from which a corridor and a staircase lead to the part occupied by patients. The rooms vary in size, but are mostly large and sunny, the majority facing south. The walls are covered with Hall's washable distemper or with washable paper, the floors with linoleum; the furniture is simple; heating by open fires; lighting at present by lamps and candles. In the grounds, across the well-kept lawn and flower garden, are several well-constructed shelters, communicating with the house by electric bells and available as sleeping shelters for suitable patients.

The sanatorium is in charge of a matron who was herself a patient at Nordrach in Germany. Dr. Kinsey Morgan, the medical director, is in practice in the centre of the town and attends daily. His son, also a qualified practitioner, lives in an adjoining house and acts as resident medical officer. The sanatorium is within two miles of West Bournemouth Station, and is on the telephone system.

Terms, payable to the secretary, are from four to six guineas. Extras are, personal laundry, medicines, stimulants, and special nurse if required. Applications to the matron.

HOLNE CHASE,

Bexhill-on-Sea, consists of part of a terrace of houses facing the sea with gardens at the back, in which for the last two years patients have been treated by sanatorium methods under Dr. Wills and his sister, Miss E. G. Wills, a trained nurse. The house consists of a basement, a raised ground floor, three more floors and garrets, the rooms on

first floor being provided with balconies. There are eight beds for patients. The garden has a revolving shelter, but no trees. Electric lighting in bedrooms, balconies and shelter. A special feature in the treatment is the gradual and careful exposure of patients to the open air. Salt-baths are much utilised, and graduated exercise by means of Whiteley's apparatus. A rigid scale of dietary is not attempted. The milk supply is from the Duchess of Cleveland's Home Farm at Battle, from tuberculin-tested cows. Bexhill is known to possess considerable climatic advantages, being bracing and sunny. The hills behind Holne Chase shelter it against north winds, and the Sackville Hotel shelters it to the east.

Terms: four to six guineas; extras: stimulants, drugs, and special nurse if required.

INGLEWOOD SANATORIUM,

St. Lawrence, Isle of Wight, is about two miles west of Ventnor, and shares its climatic advantages. Mild and equable in winter, with a large average of sunshine, it has a somewhat lower mean humidity than Bournemouth, and is less relaxing in summer. The soil of the district consists of chalk and lower greensand, which form an undercliff at the base of the high chalk range traversing the island from east to west. On the sandy undercliff, about a quarter of a mile from the coast, 150 feet above the sea-level, surrounded by twenty acres of park and undulating woodland, is a substantially built stone mansion, which has been converted into a sanatorium. The place is isolated by its grounds from public roads, and is well protected against northerly winds by the cliffs which rise to a height of nearly 800 feet above the sea, and from east winds by wooded hills. In the grounds are numerous walks of various gradients, provided here and there with revolving shelters, and commanding fine views over land and sea. There are at present four sleeping shelters, and four more are being



FIG. 55.—INGLEWOOD SANATORIUM.

[Face page 364.]



FIG. 56. - INGLEWOOD SANATORIUM.

[Face page 365.

erected. One of the two lawns is used for playing croquet. The house is somewhat U-shaped, round a central court open to the north, with a small projecting wing at the north-west end. The ground floor is occupied by two dining-rooms and the vestibule on the south side, and by the kitchen department, nurses' rooms and lavatories to the north. A corridor is next the central court on each floor, the bedrooms being in a single row, five facing south, three west and four east. They are all thirteen feet high and vary in size from 10×13 to 25×20 feet. They are provided with casement windows and ventilators, warmed with hot-water pipes, walls coated with duresco, floors covered with linoleum. The house is plainly furnished without any carpets, curtains or ornamentation. The chairs and lounges are of bent wood and cane, woollen materials, stuffed chairs and the like being avoided. The bedroom furniture is mostly of satin wood, and is all raised on wooden blocks to facilitate cleansing. Both building and shelters are provided with electric light.

The treatment is on the usual lines. Three meals a day, taken for the most part in the common dining-room under supervision of the physician; from three and a half to four pints of sterilised milk per diem; no alcohol. The food taken by each patient is daily weighed and recorded.

Sputa are received into Dettweiler's flasks or into Japanese paper handkerchiefs. Rooms are mopped out daily.

Dr. Chowry Muthu is the resident medical director; he goes to London for consultations once a fortnight. He was until recently in charge of a similar establishment at Ventnor (Mount Pleasant).

Inclusive terms: three and a half guineas.

Ventnor can be reached from London by the South Western Railway or by the London Brighton and South Coast Railway. Average journey, three and a half to five and a half hours, including forty minutes by sea.

OVERTON HALL,

Bournemouth, is planned like a specially built sanatorium, although originally intended for a different purpose. It lies on the north side of the Poole Road, separated from it by a garden of one and a half acres, but in full view of its traffic. The road runs parallel to the coast, from which it is separated by other roads, houses and gardens, and by open common land. In the garden are several revolving shelters, specially designed by Dr. Pott.

The building, which lies 120 feet above the sea-level, is in the shape of a hollow square with the north side omitted. It has a long south front, 70 feet long, with short wings diverging from the two corners. Between these a verandah has been built out, which is 12 feet deep, with two large glass windows in the roof. In front of this a wire netting has been stretched, covered at times with large strips of transparent canvas to increase the privacy, and ward off the stronger southerly gales. Comfortable cushioned couches with wire bottoms are placed in the verandah for rest in the open air. Over the verandah is a balcony, partially roofed over. Eight of the patients' bedrooms occupy the south side on the ground floor and first floor. Behind them are the corridors, of which the lower forms a fine hall from side to side of the house, with windows at each end. This is furnished with chairs and other furniture, so that it can be used for rest or exercise by the patients in stormy weather. The main staircase leads off one end of this corridor. The dining-room is on the side of the house to the north of the corridor near the kitchen. There are no other sitting-rooms for patients, who are expected to spend most of their time out of doors. In the wings on the first floor are eight other patients' bedrooms, somewhat smaller than the south rooms. The rest of the wings together with the attics are devoted to administrative and staff rooms.

The southern bedrooms are all of good size, the smallest being 14 × 12 and 12 feet high, with a capacity of over



FIG. 57.—OVERTON HALL, BOURNEMOUTH.

[*Face page 366.*]

2000 cubic feet, and some being considerably larger. The floors are painted along the border, with linoleum in the middle; the walls painted with duresco (a silicate paint); the windows next the balcony and verandah are large "French" windows down to the ground; in other rooms they are of the ordinary English pattern, but provided with special catches. There is an open fireplace in every room. Mouldings and ledges have been for the most part removed. Carpets and rugs are only sparingly used. In the lower corridor cork matting in squares is employed, presenting a washable warm surface, while it prevents noise. The furniture is all arranged with a view to proper cleansing, standing away from walls, and being raised above the ground, or else easily movable, dead space and awkward ornamentation being largely avoided. In the bedrooms the furniture is mostly of white painted wood, the bedsteads being of iron. These are placed away from the wall, with the head towards the window, a tall screen being placed round the head of the bed.

The heating is by means of open fires, the lighting by electricity. No special ventilating contrivances are found necessary. The water-closets, lavatories and bath-rooms are all next outside walls on the north side.

The rooms are rubbed down daily with a damp cloth. The sputa are received into red hour-glass shaped vases containing weak carbolic solution, with plain glass covers fastened on with gummed paper. To be used this must be torn, so that those which need cleansing can be recognised. They are collected daily, and treated with strong carbolic solution, the sputa being then poured down the water-closets. The patients also use Japanese handkerchiefs, which are afterwards destroyed.

None but consumptives are received, and no hopeless or seriously affected cases. They are treated continuously with fresh air, in and out of the house; spending seven or eight hours out of doors on an average. Hydrotherapy is not much used, excepting in the form of hot or cold baths.

Four meals a day are provided, including two of three or four courses each. Extra milk is also given on waking. Patients take as a rule about three pints of milk per diem, all of it being sterilised by the dairy which supplies it.

Dr. Pott was one of the first to carry out systematic sanatorium treatment in England. Owing to ill health he has latterly taken a much less active part in the management, which is chiefly in the hands of his partner, Dr. Stein, aided by a resident matron and assistant matron. Dr. Stein lives in a separate house across the road.

The sanatorium is a few minutes' walk from West Bournemouth Station. The charges are seven guineas per week for board, lodging and medical attendance; drugs, wine and laundry being extra. A reduction in price is made for the rooms in the wings.

STOURFIELD PARK SANATORIUM

was for a time under the medical direction of Dr. W. Denton Johns, who began treating consumptives by sanatorium methods in 1897, in another part of Bournemouth, and moved into Stourfield Park in 1899. In December, 1900, however, Dr. Johns severed his connection with the institution, owing to a difference of opinion with the lay manager, and started another sanatorium at Alderney Park.

Some ten minutes' walk from Pokesdown Station at the eastern end of Bournemouth, and not far from a densely populated district, the Stourfield Park Sanatorium is immediately surrounded by large open spaces, and stands on an eminence commanding distant views to the south-east and east over Christchurch and the valley of the Stour. The grounds, of ten acres, are laid out in park-like fashion, with lawns, shrubberies and flower-beds, and here and there groups of handsome tall trees, partly coniferous, partly deciduous. Rising ground with pine-trees lies to the south and west, warding off the stronger gales from the sea. The

subsoil is stated to be of sandy flint gravel, but probably overlies the clay at no great depth. The height above the sea-level is inconsiderable, but sufficient to ensure proper drainage. Dotted about the grounds are a large number of shelters each provided with windows on every side, and some fitted up as sleeping shelters with electric lighting and electric bells.

The building consists of two parts of different age, standing at right angles to one another. The newer part, which faces south-west, is a handsome pile of three storeys, the ground floor of which consists chiefly of reception rooms, the upper floors being occupied with bedrooms, surmounted by attics for the servants. The other part of the building contains on the ground floor the kitchen department, above this, adjoining the newer part, is the dining-room, and higher still patients' bedrooms on either side of the corridors. The rooms vary in size, but are for the most part large. The reception rooms and central corridor are stylishly decorated with lincrusta and oil-paint. Most of the patients' rooms are prepared with washable paper, the floors being covered with linoleum and a few strips of carpet. The windows are everywhere large, many on the south-west side opening on to balconies.

Ventilation is aided by electric fan extractors. The water supply is from the Bournemouth Water Company; the lighting from the public electric supply. An electric lift serves the upper floors. Shower and douche baths are found on the north side of each corridor. Heating is partly by open fires, partly by hot-water pipes. The sanatorium possesses its own laundry and disinfecter, and is connected with the town sewers. There is accommodation for forty-five patients.

Treatment was on "Nordrach" lines when Dr. Johns was head of the establishment. Patients take their meals either in their own kiosks or at separate tables in the public dining-room. Dr. David Thomson is now the medical officer.

Terms are from four to six guineas, inclusive of medical attendance. Extras are, personal laundry, alcoholic beverage, medicines, and special nurse if required.

WESTERN COUNTIES.

Name.	Nearest Town.	Medical Officer.	No. of Beds.
Cotswold Sanatorium ¹ .	Cheltenham	Drs. Pruen and Braine-Hartnell	37 ²
Dunstone Park Sanatorium	Paignton .	Dr. Alexander	8 ³
Mendip Hills Sanatorium	Wells .	Dr. F. Hudson Evans . .	20 ⁴
Nordrach upon Mendip ¹	„	Drs. Thurnam and Gwynne	37
Pendyffryn Hall . . .	Conway .	Dr. G. Morton Wilson .	15
Timbercombe . . .	Taunton .	Dr. Brown	10

A boarding school (St. Hilary School) at Wallasey, Cheshire, receives children requiring open-air treatment; reference permitted to Dr. Walther, Nordrach.

THE COTSWOLD SANATORIUM

was opened in the summer of 1898, on the top of the Cotswold Hills, not far from the sources of the Thames and Severn. Nearly equidistant (seven miles) from Cheltenham, Gloucester and Stroud, and a mile from the nearest village, it enjoys the advantages of relatively high elevation, atmospheric purity and isolation from the world, together with scenery of a very high order. The Cotswold Hills are mainly composed of oolitic limestone, and rise to 900 feet above the sea-level. Their sides are partially covered with fine woods of beech interspersed with firs. Some 50 feet below one of the highest parts, in a slight depression, sheltered by woods and rising ground to north and east, the sanatorium has been built at an elevation of 800 feet. It has a

¹ Special blocks built and a pre-existing house remodelled.

² Thirty-three in winter. ³ Ten more being added. ⁴ Six in chalets.

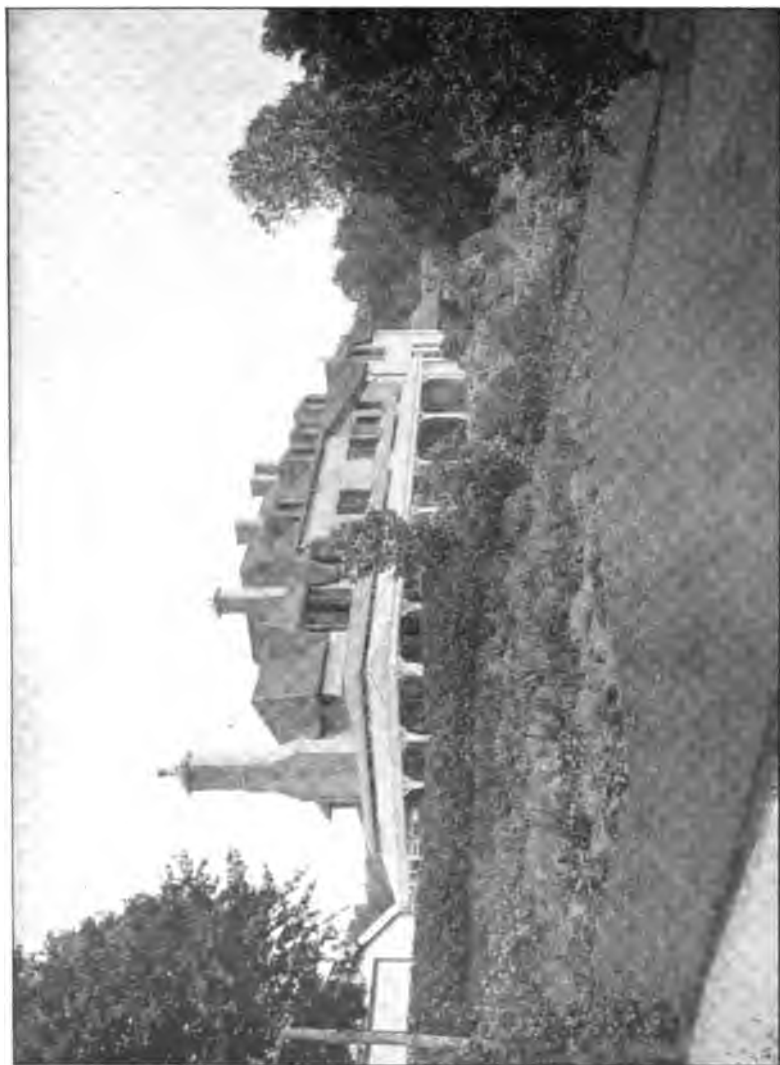


FIG. 58.—THE COTSWOLD SANATORIUM.—MAIN BLOCK.

[Face page 370.]



FIG. 50. —THE COTTONSEED SANATORIUM.—ONE OF THE WOODEN BUILDINGS.

[*See page 34.*]

southerly aspect, overlooking the Painswick Valley and Minchinhampton Common, whilst from the grounds behind a view of the entire Severn Valley is obtained, stretching from the Shropshire Hills in the north to the commencement of the Bristol Channel in the south-west. The entire range of the Malvern hills is seen in the north-west, with the Welsh hills beyond. The soil is dry, the climate bracing, the rainfall moderately heavy, which keeps the place green and free from dust.

The grounds cover sixty-seven acres, and provide a large extent of sheltered walks in the garden and woods. These are mostly fairly level, while hilly walks abound outside the grounds. In the latter are numerous shelters facing in different directions.

The buildings consist of residential blocks for the patients, a dining and kitchen block, blocks for the staff and the servants, and a block for the electric-lighting installation.

Most of the buildings are on one floor, and are built of wood; but one (which was originally a private mansion) is of stone on three floors. In this latter the ceilings and inside walls are covered with petrifying fluid in various colours which gives a brilliant enamel-like surface, and can be readily washed. A corridor runs along each floor, and the rooms open on to it, a few on the north side, but the majority on the south. The rooms vary in size from 20 × 16 and 11 feet high, to 12 × 8 and 10 feet high. The windows vary from 8 × 6 feet to 5½ × 3½, starting mostly 1½ to 2 feet from the ground. They consist of French windows, some with a hinged upper transverse pane. Outside are louver shutters. The *one-storeyed blocks* are built of wood on a stone foundation. The walls are boarded inside and out, with felt between. The inside walls and ceilings are covered with canvas overlaid with oil-cloth in light-coloured designs. The floors are covered with linoleum. The bedrooms are nearly all on the south-west side; behind them runs a corridor, and behind this two other bedrooms, two bath-rooms and a passage leading to the back verandah.

In front of each wooden block runs a glass-covered verandah 9 feet 6 inches wide, and to the sides and back a narrower one of the same kind. The ends of these verandahs are protected by screens of wood and glass. Each bedroom is 12×8 and 10 feet high (960 cubic feet). Windows are $5\frac{1}{2} \times 3\frac{1}{2}$ feet, starting $1\frac{1}{2}$ feet from the ground. In the wooden blocks earth-closets are built on the small back verandahs, after Dr. Vivian Poore's plan; they are emptied daily.

The heating, lighting, furnishing and water supply are the same in all the blocks, whether one or three storeyed. There are radiators fed by low pressure hot-water supply in every bedroom, corridor, bath-room and closet. The dining-rooms are warmed in the same way, and hot-water pipes under the tables keep the patients comfortable on the coldest day. The verandahs are warmed by large hot-water pipes. These verandahs in the three-storeyed house are 15 feet wide and 15 feet high, and extend half round the house, and have special provision for ventilation. Lighting is by electricity throughout, the main garden walks as well as the inside of the houses being lit in this way. There are electric bells in every room, communicating with the doctors and nurses or servants; similar bells in the verandahs, shelters, closets and bath-rooms. The bath-rooms are supplied with hot- and cold-water baths and douches, there is also a needle bath. Several of the bedrooms have hot- and cold-water douches, and all of them have hot- and cold-water basins.

The furniture of the rooms is specially made, neither to easily catch nor to retain the dust.

Ventilation is by open doors and windows. The windows are never shut, except for dressing and undressing and during gales. The water supply comes from two springs in the private grounds. These supply two or three gallons a minute. The water is pumped up to the sanatorium, 200 feet above, by a water-wheel run by a stream which flows through the grounds, supplemented by an electro-motor. The quality of the water is excellent and not too hard.

The dairy produce is from Brockworth Park Farm, near Gloucester, which has been opened by Mr. Collings Wallich under the sanitary supervision of the sanatorium. All the cows have been purchased as young animals, after having been carefully examined for their general health and then tested with tuberculin. They are kept as much as possible in the open air, and during cold nights in cow-sheds, which in regard to cubic contents, floor space, central passages, ventilating spaces between the stalls and the side walls, and in every other particular more than comply with the requirements laid down by the Royal Commission in their rules for the construction and working of farm buildings. An arrangement has been made with a steam sanitary laundry to disinfect all the linen in a properly fitted disinfecter.

Sputa are received into Dettweiler's flasks, and the contents mixed with sawdust and burnt in the furnace.

Treatment is on the Nordrach model. Three rather heavy meals per day are provided, and also afternoon tea. Hydrotherapy is provided for by baths, of which there are an ample supply and variety. Temperatures are taken in the rectum. The medical staff consists of Dr. S. T. Pruen, Mr. C. Braine-Hartnell, and an assistant medical officer, two of whom live at the sanatorium, as well as a head sister and nurses.

There are thirty-seven beds for patients in the sanatorium, fourteen in the mansion, nineteen in the wooden blocks, and four in sleeping shelters.

The inclusive charges are five guineas weekly, extras being alcoholic beverages, personal washing, and a special nurse should one be required.

Applications should be sent to the secretary, 2 Ormond Place, Cheltenham.

DUNSTONE PARK CONSUMPTIVE HOME

was opened this year at Marldon Hill, Paignton, South Devon, about one and a quarter miles from the town, in an

open situation 550 feet above the sea-level, commanding beautiful and extensive views of the sea, the river Dart and Dartmoor. The soil is sandstone, the aspect south-western. Higher hills shelter it from the north and east. The house is on two floors, well provided with balconies and verandahs. The grounds, of seven acres, consist of garden and field, and have a number of shelters or sunboxes, as well as large croquet courts.

There is at present room for eight patients; but a new wing is to be added with ten more rooms.

The sanatorium is in the charge of Miss Hayes, for five years matron of the Dorset County Hospital, and of Dr. Alexander of Paignton, who is connected with it by telephone and pays daily visits. The treatment is modelled on that of Nordrach. Visits from relatives or friends are only allowed by special permission.

Terms from three to five guineas, exclusive of medical attendance, stimulants and personal laundry.

THE MENDIP HILLS SANATORIUM

is on the south-eastern slope of the Mendip Hills, about two and three quarter miles from Wells. The sanatorium stands 850 feet above the sea-level and is surrounded by extensive and beautiful grounds.

There are fourteen beds in the main building, and six more in sleeping chalets. Lighting is by electricity, heating by hot-water pipes. The sanatorium is managed by a resident secretary, aided by a medical officer, Dr. F. Hudson Evans.

Postal address: Hill Grove, over Wells, Somerset.

Terms on application to the secretary.

NORDRACH UPON MENDIP.

This sanatorium was opened in January, 1899, on the top of the Mendips in a house which was formerly Wood's Convalescent Home. The Mendip Hills are composed partly



FIG. 60.—NORDRACH UPON MENDIP.—MAIN BLOCK.

[*Face page 375.*



FIG. 61.—NORDRACH UPON MENDIP,—A SLEEPING SHELTER.

[*Face page 375.*]

of limestone, partly of sandstone, and are for the most part covered with moorland, although copses of beech and fir are to be found here and there. Coming from Yatton Station, eleven miles distant, the road leads through undulating country freely sprinkled with farms and hamlets, to a cleft in the hills, through which a long steep ascent leads to a sort of tableland between 800 and 900 feet above the sea-level. Magnificent views are obtainable from this tableland, while Cheddar cliffs and other beautiful spots are within walking distance.

The approach to the sanatorium is through a fine avenue of beech-trees which form a curved belt protecting it against north-east winds. To the north-west the chief protection is afforded by a slight ridge of hills; but the place is decidedly bracing and a trifle exposed to wind. Notwithstanding the elevation, the place has a green and smiling aspect, largely due to the heavy dews and the mountain mists which gather around it. Near the house is a well-kept lawn and flower garden. In one corner of the grounds (which cover sixty-five acres) is a dell which is warm and protected in all kinds of weather. Just outside the gates is a pine wood, much used for hammocks in winter.

The house, which is 862 feet above the sea-level, is of stone with unusually thick walls, and has two floors. The corridors run from north-east to south-west, the patients' rooms being exclusively on the sunny side. The floors are covered with linoleum or polished boards, the walls colour washed with an ordinary skirting, or in some places panelled and varnished. Heating is by hot-water pipes, lighting by electricity.

Adjoining the house, looking south-east, is an elegant wooden dining-saloon, which is a reproduction of that at Nordrach in Germany, with a raised portion for books and writing materials, the lower portion being provided on three sides with detachable panels which are removed in temperate weather. The food is brought from the kitchen department through a covered way.

In a field beyond the lawn is a little colony of wooden houses, forming two sides of an angle looking south. The largest is for twelve patients, and consists of small bedrooms with a narrow verandah in front instead of a corridor, wooden panelled walls, polished floors, and large windows opposite the doors. A common bath- and douche-room serves this little colony; others are found within the main block. There is room at present for thirty-seven patients, including four in a house just outside the grounds. The water supply is from springs at the junction of the limestone and sandstone rocks, pumped up into storage tanks.

The treatment is strictly modelled upon that of the German Nordrach; rigid rest and quietude during fever, which is determined by rectal thermometry; persevering stuffing with suitable food, taken for the most part at three meals daily; a rigidly out-of-door life, with utter disregard of weather and season; avoidance of visits from friends, of the infection from "colds in the head," of the dusty and contaminated air of towns, and of all kinds of unreasonable unrest and excitement.

The medical directors, Drs. Thurnam and Gwynne, have themselves been successfully treated at Nordrach in Germany; one of them was for some time in charge of Dr. Walther's sanatorium during his absence.

Terms: five guineas, including all excepting personal laundry and alcoholic drinks, or special nurse if required. During convalescence there are a few beds at lower price in a house just outside the grounds. These are not available for new-comers.

Railway stations: Wells or Cheddar (each about eight miles) or Yatton (eleven miles), thence by carriage. Telegrams: Nordrach, Blagdon, Bristol.

PENDYFFRYN HALL,

or Nordrach in Wales, is a stone-built mansion standing in 100 acres of well-wooded land between Conway and Pen-



FIG. 62.—NORDRACH UPON MENDIP. —THE DRIVE.

[*Face page 376.*

maenmawr. This part of the country is exceedingly picturesque, and is well wooded with pine-trees and deciduous trees of various kinds. The soil is of sand and gravel; the climate mild in winter and cool in summer, with an annual rainfall of about 31 inches and a fairly large proportion of sunshine.

The sanatorium has fifteen beds for patients, and stands at a very moderate elevation above the sea-level, most of the walks in the grounds being arranged to run uphill. Mountains protect it to the east and north-east.

The physician is Dr. G. Morton Wilson, who was himself a patient at Nordrach in Germany, and who (with his wife) is present at all the meals.

Terms: five guineas; extras: personal laundry, alcoholic drinks, and special nursing if required.

Access: rail to Conway or Penmaenmawr, thence by carriage. Postal address: Pendyffryn Hall, Conway, North Wales. Telegraphic address: Pendyffryn, Penmaenmawr.

TIMBERCOMBE,

Spaxton, near Bridgwater, Somerset, is a private house under the care of two ladies, one of whom was for some time a patient at Nordrach in Germany. It is intended for patients suffering from incipient phthisis, for whom daily medical supervision is not necessary, but who would benefit greatly by "Nordrach treatment".

The house is situated on the Quantocks (which are chiefly composed of slate rocks), 750 feet above the sea-level, in the midst of beautiful scenery. The house is sheltered to the north and east; it is a two-storey building, provided with verandahs on two sides, and has been specially furnished and arranged for its purpose. It stands in several acres of ground, laid out in part as garden with large lawn, etc., and is six miles from a town. In the immediate neighbourhood are many walks over moorland or through woods of beech and fir.

The number of patients is limited to ten. Each patient has a separate bedroom; meals being taken in common. Visits from relatives or friends are only exceptionally permitted. The visiting physician, Dr. Brown of Taunton, examines patients once a month.

Timbercombe is seven miles from Bridgwater, six from Taunton.

Terms: three guineas, inclusive of all excepting personal laundry. Further information on application to Miss Garaway or Miss Coates.

Telegrams: Timbercombe, Kingston, Somerset.

EASTERN COUNTIES.

Name.	Nearest Town.	Medical Director.	No. of Beds.
Brookside, Clare	Colchester	Dr. Jane Walker	9
East Anglian Sanatorium ¹	"	"	35
The Firs	Mundesley	Dr. Burton Fanning	8
Mundesley Sanatorium ¹ .	"	"	15

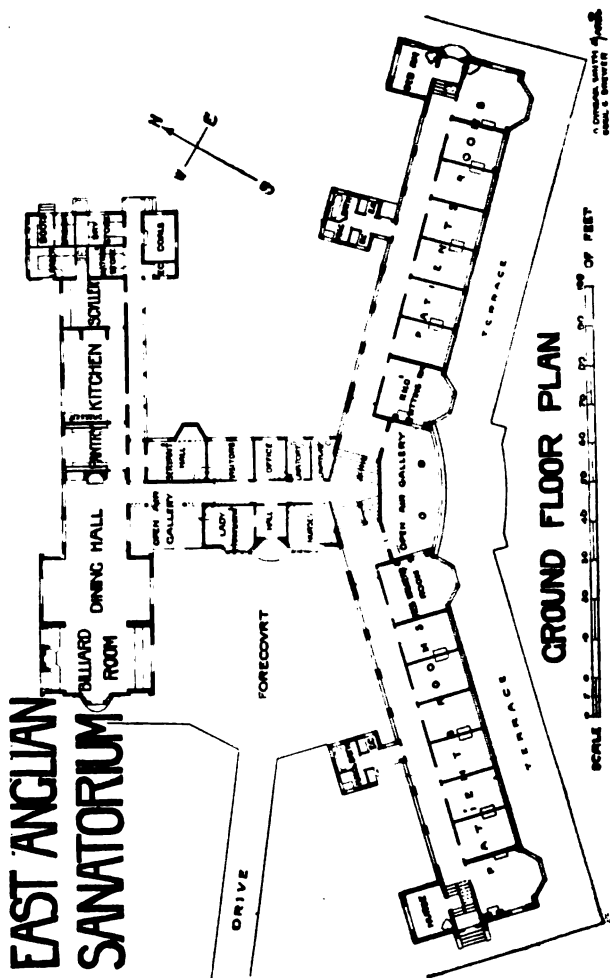
The first two are in Suffolk, the last two in Norfolk. These counties have a relatively low rainfall, with a large proportion of sunshine. The climate is bracing, especially along the coast, and is cold and bleak in winter and spring.

BROOKSIDE, CLARE,

in Suffolk, is under the care of Mrs. Wilson and Miss Amy Wilson, and is managed in much the same way as the East Anglian Sanatorium, though on a less expensive scale. Dr. Jane Walker is medical director, Miss Sharp, M.B., resident medical officer.

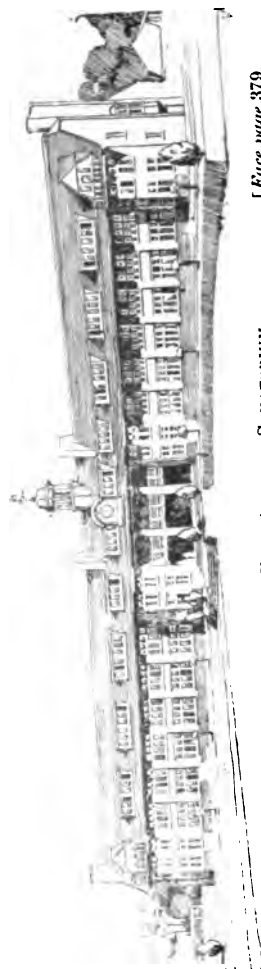
The terms, inclusive of all but wines, drugs and laundress, are two guineas per week.

¹ Specially built.



[Face page 379.]

FIG. 63.—EAST ANGLIAN SANATORIUM.



[Face page 379.

FIG. 64. — EAST ANGLIAN SANATORIUM.

THE EAST ANGLIAN SANATORIUM

was built to replace the sanatoria directed by Dr. Jane Walker successively at Denver in Norfolk and at Boxted, near Colchester, each of which was unequal to the demand made upon it. The present building, opened in December, 1900, is situated at Nayland, near Bures, on land belonging to a farm of ninety-four acres, from which comes the milk and cream for the sanatorium. Six acres, well sheltered by trees and hedges, have been converted into flower and kitchen garden, with a number of flat and sloping paths for patients, and shelters in various places. The sanatorium is on light sandy soil, overlying the London clay.

The sanatorium, which has two floors and attics, is in the shape of an inverted Y with very diverging limbs, one looking south-south-east, the other east-south-east. These limbs are but one room and corridor deep, and consist mainly of patients' bedrooms. At their junction is a central open-air shelter, behind which is the main staircase. Still farther north, in the stem of the Y, are, on the east side, two lavatories, the office, a visitors' room and a servants' hall; a nurses' room, the entrance hall, lady superintendent's room, and an open-air gallery on the west side. The foot of the Y is formed towards the west by the dining-room and billiard-room, towards the east by the kitchen department. The corridor behind the patients' bedrooms has on the north two projecting pavilions containing earth-closets and bath-rooms, and at the ends two rooms on each floor for the nurses. A central open-air gallery is found on the first floor as well as ground floor. Two rooms near the centre on the ground floor are set apart for the medical officers. There is no verandah in front of the patients' bedrooms. These are 14 x 10 feet in size. There is accommodation for thirty-five patients. The building is heated by low-pressure steam, and lighted by electricity produced by its own plant. The water supply is from a deep well.

The treatment is based upon Nordrach lines. The resident

medical officer, Miss Paine, sees patients several times a day. The medical director, Dr. Walker, lives in London, and pays visits to the sanatorium as may be necessary. The staff includes in addition a lady superintendent and several nurses.

Terms: four to six guineas, including all excepting personal laundry and wines.

Applications to Miss Walker, M.D., 62 Gower Street, W.C.

Railway Station: Bures (G. E. R.), three miles distant. Bures is fifty-three and a half miles from London. Average train journey one and a half to two hours.

THE FIRS

is a detached house on the cliffs about ten minutes' walk from the Mundesley Railway Station, surrounded by a small garden. It was opened in June, 1898, for the reception of eight patients. There are three revolving shelters in the garden, and a conservatory next the house which can be opened along the whole south side.

There is a resident trained nurse, but no resident medical officer, patients being seen periodically by Dr. Burton Fanning and Mr. W. J. Fanning.

Terms: three and a half guineas. Applications to Miss Downe.

THE MUNDESLEY SANATORIUM

is about half a mile from Mundesley Station on the Great Eastern Railway, and seven miles from Cromer. The sub-soil of the district is deep sand lying on chalk. About a mile from the north coast of Norfolk, running parallel with it, is a ridge somewhat sparsely covered with pine-trees, commanding extensive views southward over agricultural land, and northward over cliffs, and the sea in the distance. Immediately to the south of this, and about 200 feet above the sea-level, is a good-looking wooden building on two floors, surrounded by twenty-five acres of land, part of which has been recently planted and laid out with walks, lawns and flower-beds.



FIG. 65. --THE MUNDESLY SANATORIUM.

[*See page 380.*]

Running along the south front is a glass-covered verandah. The entrance is at the eastern end. On the ground floor are three bedrooms for patients, a large dining-room and drawing-room, all facing south. A wide corridor behind these runs the whole length of the building. Behind it at the western end is the kitchen block, and the office, but very little else. On the first floor are twelve bedrooms, all on the south side. The bedrooms are fairly large, with casement windows surmounted by fan-lights. Above each bedroom door is another fan-light opening into the corridor, behind which are only bath-rooms and lavatories. The walls are plastered, and washable with rounded angles. The floors covered with linoleum. Furniture is simple and of a kind likely to catch little dust. Heating is by hot-water pipes (in some rooms also by open fires); lighting throughout the building and in the shelters by electricity, which is produced in an engine house farther east. There are water-closets on each floor. The water supply comes from a well 223 feet deep extending into the chalk.

Special shelters are found in the grounds, with removable sides of glass and wood and provided with awnings. Each shelter holds two patients, and can be turned round according to direction of wind. There is accommodation for fifteen patients.¹

The treatment is based on that of Nordrach. Two or three heavy meals per diem for most patients; rest in the bedroom or in the shelter; graduated exercise, including gentle bicycling in some cases; very free ventilation indoors. The milk is from tuberculin-tested cows. Sputa are received into mugs, or into Dettweiler flasks, and incinerated twice a day. When a patient leaves, the room is disinfected with formalin.

The staff includes Dr. Burton Fanning (who lives in Norwich), Mr. W. J. Fanning (resident medical officer), a matron and two nurses.

¹ Soon to be increased to eighteen.

THE GRAMPIAN SANATORIUM.

Since May, 1899, Dr. de Watteville has been treating consumptive patients by "open-air methods" in a private house (Sonnhalde, Kingussie) modified for the purpose. This is now to be replaced by a specially built sanatorium in the same neighbourhood which was expected to be ready in June, 1901.

The new sanatorium stands in its own grounds of ten acres, 850 feet above the sea-level, surrounded by a large extent of woods and open moorland. Behind it to the north are woods of Scotch fir with a few larch- and birch-trees, and a range of mountains (Monadh Liadh); on one side a mountain stream; in front of it the Grampian Range six miles distant. It is sheltered on nearly all sides by trees, and is on a soil of gravel and sand, overlying solid rock. The aspect is south-south-east. For graduated exercise there are paths within the grounds, rising 100 feet above the building and higher hills beyond. For rest in the open there are revolving and other shelters in the woods.

The building has two floors and will accommodate twenty patients, all on the south side of the corridors. Most of the rooms are 13 x 11 and 11 feet high. The end rooms on the ground floor are 24 x 20 feet and serve respectively as dining- and drawing-rooms. Above these are two pairs of narrow, long rooms, one of each pair facing to the sides of the house. The corridors are 80 x 7 feet. Behind it on the ground floor are the kitchen department at one end; the doctors' quarters, gentlemen's bath-room and a store-room at the other; and centrally the entrance, two staircases, lavatories, bath-rooms and water-closets. On the upper floor are the servants' quarters above the kitchen, the matron and nurses' rooms at the other, bath-rooms, lavatories and staircases centrally. Two gaps are left between the rooms on each floor for ventilation.

The patients' bedrooms have floors of stained and



FIG. 66. - KNOCKSULTACH SANATORIUM.

[Face page 385.]

polished wood, walls painted with duresco, rounded angles, and furniture specially designed to carry little dust and be easily cleaned. The windows are mostly sash windows, 7 feet 6 inches \times 4 feet 6 inches, with a rounded revolving fan-light above and similar ones over the doors. In the centre are a few with covered verandah or balcony and these have French windows. The rooms and hall are heated by open fires, the fire-places in bedrooms occupying part of the south side; the house is lit by electricity. Ventilation is by natural means. Sewage goes into the Kingussie main drain. The water supply which is stated to be very good is from springs three miles above Kingussie.

Treatment is modelled on the usual lines as in other good sanatoria.

The staff includes a resident physician, matron, two nurses and a male attendant. Dr. de Watteville and his family live in a separate house.

The sanatorium is half a mile from Kingussie Station, 110 miles from Edinburgh, 120 from Glasgow, 90 from Dundee and 46 from Inverness.

KNOCKSUALTACH SANATORIUM

is at Kirkmichael in Perthshire, twelve and a quarter miles from Pitlochry and thirteen from Blairgowrie, in a moorland district, standing about 700 feet above the sea-level. The climate is dry and bracing, the soil sandy. The house is on a slight elevation above the village, in an open situation commanding a fine view, and slightly sheltered to the north and east by rising ground. The building is of stone, on two floors, and has accommodation for six lady patients. Wooden shelters have been erected in the grounds. Treatment is strictly on open-air principles, with liberal diet. Dr. Mary F. Nannetti lives in the sanatorium and personally supervises all details. A trained nurse is in constant attendance.

Charges: four to five guineas per week, inclusive of all excepting personal laundry and stimulants.

Postal and telegraphic address: Knocksualtach, Kirk-michael, Blairgowrie, N.B. Railway station: Blairgowrie.

NORDRACH ON DEE

is the first sanatorium in Scotland which was specially planned and built on a carefully selected site for open-air treatment, and enjoys many advantages from this fact. It is situated to the westward of Banchory, eighteen and a half miles from Aberdeen, in the same district as Balmoral Castle. This district was chosen for the royal health resort by a Royal Commission in 1851, and enjoys a mild winter climate, a relatively low rainfall for Scotland (29 inches), a large proportion of sunshine (29·7 per cent.) and pure air of dry, bracing character, rich in ozone (over 2 per cent.). South-west winds prevail there during nearly nine months of the year. The sanatorium is built in the middle of a pine forest on a southern slope, and is protected to the north by a range of hills rising in one part to 1545 feet (Hill of Fare), to the south by the Goch Hill (1104 feet), while to the far west lie the peaks of the Grampian Range.

The grounds are laid out with a large number of walks of known gradients, indicated by colour bands on the trees; they are furnished with shelters and command beautiful views.

The soil is of red gravel and rapidly dries after rain. The building is on three floors, with a central higher tower, and is only one room and corridor deep. The ground floor contains a large drawing-room with ten windows, for use during stormy weather, another similar room for use as library and writing-room, and a number of rooms for the use of the medical, nursing and general staff, but no patients' bedrooms. In front of it is a glass-covered verandah. This will not be used as a "liegehalle" or provided with seats.

There are thirty-six patients' bedrooms all on the upper floors. Occupying over two-thirds of the outer-wall space are French windows with fan-lights above and louver



FIG. 67.—NORDRACH UPON DEE.

[Face page 386.]



[Face page 386,

FIG. 68.—NORDRACH UPON DEE.

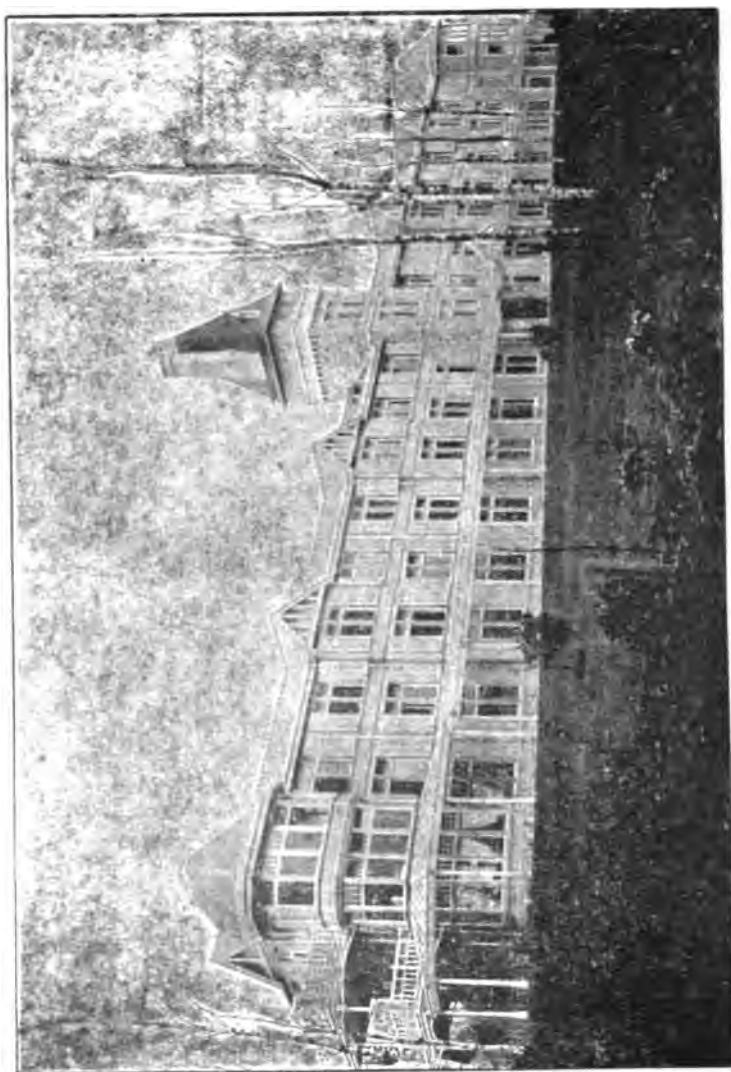


FIG. 69.—NORDRACH UPON DER.

[Face page 887.

shutters outside. Similar windows are found along the corridors and similar fan-lights over the bedroom doors. Each bedroom has a douche bath and two fitted-in basins, all served with hot and cold water. As a protection against damp and fire, a four-inch thickness of silica wool has been placed in every wall. All corners are rounded; walls painted in colours; floors of polished wood. There are two steam lifts, for servants and for patients respectively. The heating of the building is by steam pipes carried from the engine block. In some rooms these are supplemented by Dowsing electric radiators. The lighting is everywhere by electricity. Electric bells communicate with the doctor and staff. The water-closets, lavatories and bath-rooms are in projecting pavilions to the north of the corridor. The water supply is of exceptional purity and comes a distance of four miles.

The dining-room, together with kitchen department and servants' bedrooms form a separate block about 50 or 60 feet to the eastward, connected with the main building by a continuation of the corridor, which has in front of it an open glass-covered verandah. The dining-room, 56 × 24 feet, has on three sides walls with large removable windows.

The engine block with dynamo stands over 100 yards from the sanatorium, shut off by densely wooded ground.

A special feature of this sanatorium is the provision of a fully equipped laboratory under a trained assistant. It is at present placed on the ground floor of the main block, but will eventually form a separate block. The sanatorium, including land, has cost £660 per bed.

The treatment is based on that at Nordrach in Germany. The milk and butter are supplied from a tuberculin-tested herd of cows. The physicians are Dr. David Lawson and Dr. Noël D. Bardswell. Besides matron and trained nurses, a masseur and masseuse live in the sanatorium.

Terms: five guineas weekly; extras: personal laundry and alcohol.

Mode of access: by rail to Aberdeen and Banchory.

Telegrams: Nordrach on Dee, Banchory. The sanatorium is on the telephone system.

THE OCHIL HILL SANATORIUM.

A company has recently been promoted for the erection of a sanatorium for paying consumptive patients on the southern slopes of the Ochil Hills, about four miles from Kinross. It is being erected on a gravelly plateau, 800 feet above the sea-level, with well-wooded and picturesque surroundings. There will be accommodation for sixty patients, each occupying a separate room on the south side of the house. The foundation stone was laid on 27th October, 1900, by Sir Thomas Glen Coats. Dr. Ebenezer Duncan of Glasgow is one of the directors.¹ The estate consists of 462 acres of land, well wooded with pine-trees. Behind the selected site the land rises north-east to a height of 1050 feet, whence distant views are obtained of the Grampians in one direction, and Loch Leven, the Lomonds, the valley of the Forth and the Pentlands in another. A stream on the estate will furnish power for electric lighting.

WOODBURN SANATORIUM

is situated at Morningside, a suburb of Edinburgh, just on the outskirts of the open country. Originally a private mansion standing in six acres of garden, it has been completed by the addition of a detached wooden pavilion containing bedrooms for ten patients, the original building containing the dining-room and administrative portion.

The soil is of red sandstone; the climate that of the outskirts of Edinburgh. Standing under the shelter of Blackford Hill, the sanatorium faces the Braid and the Pentland Hills, the former being one mile distant, the latter three miles. The garden is well wooded with fine trees, and has been provided with a few shelters.

¹ *Brit. Med. Journ.*, 3rd Nov., 1900.



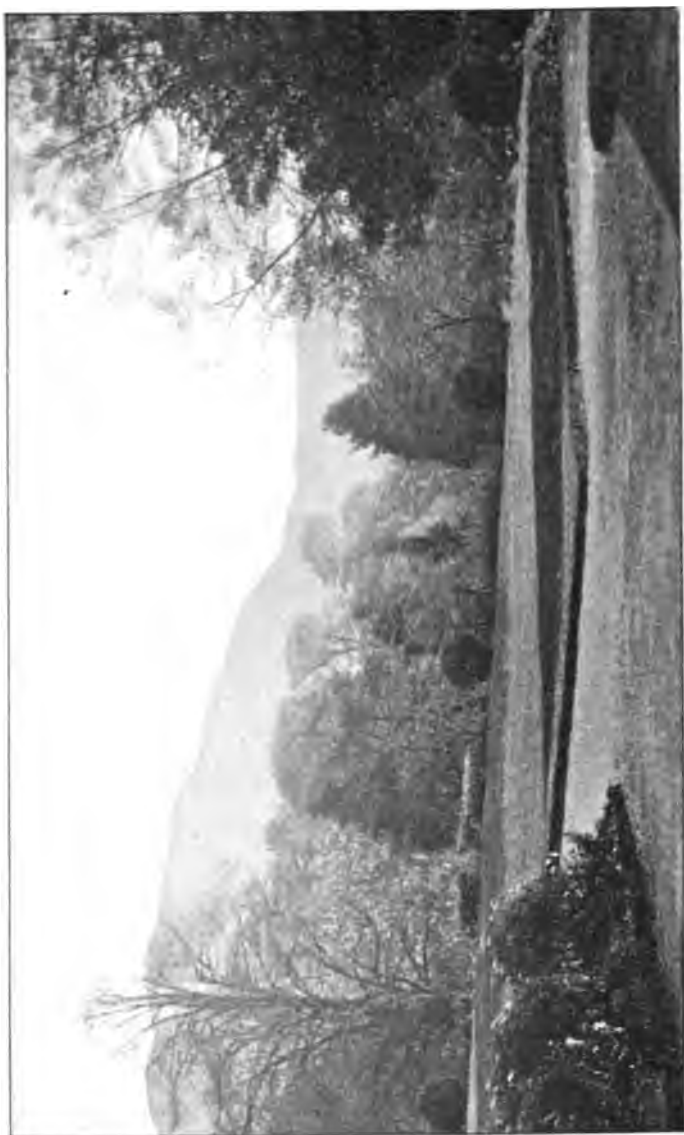
FIG. 70 —WOODBURN SANATORIUM.

[Face page 389.



FIG. 71.—WOODBURN SANATORIUM.—WOODEN PAVILION.

[Face page 389.



[Face page 380,

FIG. 72.—WOODHURN SANATORIUM.—IN THE GROUND.

The mansion is substantially built in stone, with two floors and attics. The corridor runs east and west from the entrance hall, and has to the south a few large rooms, including a drawing-room 40×30 and 22 feet high, open on two sides and freely ventilated on a third. The dining-room is open on three sides. The pavilion, which is raised on brick piers 4 feet from the ground, is built of wood, covered with oak shingies, lined with felt, and internally faced with match-boarding. The rooms are 15×11 and 11 feet high, and have extra large casement windows surmounted by fan-lights. They are all to the south of the corridor, and have similar fan-lights over the doors. The floors are waxed and polished, the walls varnished; the furniture simple and readily cleansed. To the south of the corridor are a small kitchen, lavatories and water-closets. The roof is ventilated all round, so that it is cool in summer, warm in winter. Heating is by hot-water pipes. A few extra large bedrooms are reserved in the mansion for cases requiring special nursing. There is room for twenty patients. The treatment is modelled on that of Nordrach. Patients are supervised by Mrs. Mears, L.R.C.P.I.,¹ and by Dr. J. J. Galbraith. Dr. R. W. Philip is consulting physician.

Terms: five guineas; the only extra charge being for stimulants.

IRELAND.

There are three sanatoria in Ireland for paying patients, at Rosslare in Fermanagh, at Rostrevor near Dublin, and Altadore in Wicklow.

Name.	Nearest Town.	Medical Officer.	No. of Beds.
Altadore .	Greystones, Wicklow .	J. C. Smyth . . .	18 ²
Rosslare .	Irvinestown, Fermanagh .	Dr. P. S. Hichens .	17
Rostrevor .	Rostrevor, Down . . .	Dr. F. H. Sinclair .	20

¹ Dr. W. P. Mears died March, 1901.

² 9 open.

ALTADORE SANATORIUM

is situated amongst the Wicklow mountains, 750 feet above the sea-level, and is well sheltered to the east, north and west, by woods and mountains, some of which reach the height of 2000 feet above the sea. To the south the sanatorium commands a view of the sea, five miles away. The soil is of gravel and sand, the rainfall below the average, the climate that of Eastern Ireland, but relatively dry. The grounds, of 480 acres, include a beautifully wooded glen, and a large variety of lovely walks. Farther off are the Dargle, the Glen of the Downs, Powerscourt and other places of interest. The building consists of a squarish mansion on two floors, with turrets at the four corners, and has rooms for nine patients. Bungalows are being prepared for nine more. There is a turbine worked by water power which is about to be used for electric lighting.

The sanatorium, which was opened this year, is under the care of J. C. Smyth, Esq., L.R.C.P., M.R.C.S., and his wife, the former of whom was for a time at Nordrach in Germany.

Treatment is according to the methods of Dr. Walther of Nordrach. Visitors only allowed by special arrangement.

Terms: four guineas per week, or for a few rooms five guineas. Extras are personal laundry, alcoholic drinks, medicines, and special nursing if required.

Altadore is five miles from Greystones, eight miles from Bray. Carriages can be sent to meet the trains from Dublin. Postal address, Altadore, Kilpedder, Co. Wicklow.

ROSSCLARE SANATORIUM

was opened on 1st August, 1899, at Rossclare, Fermanagh, under Dr. R. C. Macfie and Dr. L. Kidd of Enniskillen, being the first of its kind in Ireland. Since April, 1900, it has been under the management of Dr. P. S. Hichens, who was himself previously under treatment at Nordrach in Germany. The sanatorium stands on a hill about 125 feet

above the northern shore of the Lower Lough Erne, and 274 feet above the sea-level, and commands a fine view of the lake and the mountains of Donegal, Fermanagh and Leitrim. It is three Irish miles from the nearest town, Irvinestown; and seven from Enniskillen. The soil of this district is of limestone, and dries rapidly after rain. The climate is rainy but very equable, and bracing for Ireland. The house stands in the midst of meadows, with only a few trees about it. Immediately below is a sort of undercliff overlooking the lake; on the south-west there is a thick wood with sheltered graduated paths. The drive is also well sheltered; and from a distance of half a mile the surrounding country is richly wooded. The ground rises to the north behind the sanatorium. In the garden just outside the house is a large shelter 45×14 feet, with raised floor and movable shutter.

The house was originally built for an hotel, and forms two sides of a quadrangle facing respectively south-east and south-west. There is a large dining-room with three windows facing south-west, and a large sitting-room. Most of the bedrooms look south-west or south-east, but a few are on the north-east side. The bedrooms are plainly furnished, and have linoleum on the floor, a cushioned wicker-work couch, and muslin curtains to the lower halves of the windows. The seventeen patients' bedrooms vary in size from $12 \times 13 \times 10$ to $18 \times 18 \times 10$ feet. The smaller ones have a large window 3×5 feet 6 inches, the bigger ones have mostly two. All the rooms have fire-places, although these are little needed.

The treatment is the same as at Nordrach, excepting that a more substantial breakfast is given, and rather less at dinner.

Terms: three and a half to four guineas, including everything excepting laundry, stimulants, and special nurse if required.

Stations: Ballinamallard and Irvinestown. From London patients travel *via* Holyhead and Greenore to Ballinamallard, which is four miles from the sanatorium.

ROSTREVOR SANATORIUM

stands on the slopes of the Mourne Mountains, about 350 feet above the sea-level, and is two and a half miles from Rostrevor, and one and a half from Carlingford Bay. The climate of this district is mild and equable; the rainfall heavy; the soil, gravel overlying granite. The place is well sheltered against wind, the Mourne Mountains rising to a height of 2700 feet to the north and east.

The sanatorium, which was opened in August, 1899, consists of two parts at right angles to one another; a large picturesque wooden building on two floors, with a covered verandah at the ends and a balcony to the upper floor; and a solidly built mansion. The rooms are of fair size, provided with casement windows, some having French windows opening on to the terrace. There are thirteen patients' bedrooms and seven sleeping bungalows. Lighting is throughout by electricity; heating partly by open fire-places, partly by hot-water pipes, which also pass under the terrace. The water supply is from a deep well bored through the granite.

In the grounds (which are well wooded) are five sleeping huts and two revolving shelters. Part of the garden is protected by a high hedge, and forms a specially sheltered spot in rough weather.

The treatment is based on that at the larger German sanatoria. Three chief meals are given, and four intermediate ones, including much milk from a tuberculin-tested herd of cows. A nurse attendant is kept for massage, baths, etc., which form a special feature of the treatment. Washable pockets are provided for the patients' handkerchiefs.

Dr. Howard Sinclair is the resident physician. Terms: three and a half guineas; special drugs or special nurse (if required), personal laundry, and alcoholic drinks, are extra.

Access: by the Great Northern Railway from Belfast or Greenore to Warrenpoint, thence a drive of three miles to the sanatorium.



FIG. 73.—ROSTREVOR SANATORIUM.

[Face page 392.]

CHAPTER XLIX.

BRITISH NEEDS AND BRITISH RESOURCES.

THERE has been a steady and considerable reduction in the mortality from consumption during the last sixty years in this country. In 1838 the death rate from this disease was over 38 per 10,000 living, in 1899 it was only 13, or a diminution of 25 per 10,000 living. This has been attributed with good reason to the establishment of special hospitals for diseases of the chest, and to the general sanitary improvements in house construction, drainage of land, ventilation of workshops and factories, and the like. A vast amount of money has also been spent in the erection of convalescent homes, which no doubt have helped to stave off the decline of many a consumptive, although such patients are not welcome or desirable visitors to these institutions, nor indeed adequately provided for in them.

Great Britain was probably the first country in the world to establish special hospitals for the treatment of consumptives. Her first seaside sanatorium for scrofula (which however does not admit consumptives) was founded at Margate as early as 1791, and the Royal Hospital for Diseases of the Chest in London in 1814; while the Brompton Hospital for Consumption and Diseases of the Chest, with its 321 beds, is almost the largest of the kind in the world.

Eight years ago, when Germany's first sanatorium for the poor was erected, England was unrivalled in her provision for the consumptive poor. There were at the time no such institutions in any other part of the continent,

home ; but there would be no objection to the transformation of a number of these institutions into sanatoria under medical supervision. Every large town and district of Germany has its own sanatorium, ready or in process of erection ; and a similar arrangement should be made in this country.

Many relapses are occasioned by the return of consumptives to an unsuitable occupation or neighbourhood. To prevent this, model villages should be established under medical supervision. Many occupations known to be injurious to consumptives might be rendered harmless by altering the conditions under which they are performed. In order to prevent the soiling of materials by smoke and dust, trades and occupations are carried out behind closed windows which might equally well be done in clean houses with open windows in the country ; and even short of the erection of model villages, much could be done (and, indeed, has been done) by persistent medical pressure to improve the conditions of life.

To ensure a reasonable amount of uniformity, it would be advisable to appoint a few medical men (preferably such as are acquainted with public health as well as with sanatorium treatment), each to supervise a district and regularly inspect the various sanatoria and model villages within it. Such supervisors would confer with the local medical officers and advise them, while reporting to some central authority.

To prevent disobedience in hygienic matters on the part of convalescent patients, certain privileges might be continued after their leaving the sanatorium (as with members of benefit societies), which would be forfeited on breach of rules. As in the case of convalescent homes, the railway companies would, no doubt, allow special reductions in fare to those going to a sanatorium.

For the children of consumptive parents, it would be advisable to establish special *schools for delicate children*, where the laws of health were more scrupulously obeyed.

Tradesmen abroad frequently subsidise a sanatorium in order to secure a bed for themselves or their families in case

of need. In several instances, too, large manufacturing firms in Germany have erected sanatoria as well as convalescent homes of their own for the benefit of their workmen.

Turning to the arrangements for middle-class consumptives, Germany was until recently even farther ahead of this country than as regards the poor. This was partly because of a feeling here that the middle-class patient can afford to pay for home treatment; partly because our climate was regarded in many quarters as unsuitable; partly also because the disadvantages and difficulties of home or hotel treatment were not sufficiently realised. Even where patients can afford to go abroad, there are often grave objections to their doing so. That our climates are suitable for the treatment of consumptives is sufficiently proved by the results already achieved in existing British sanatoria, and by the long list of distinguished physicians who have publicly and privately advocated the hygienic treatment in our country.¹ Home treatment of consumptive patients during febrile or complicated stages is far more expensive than is usually realised. Allowing for the salary and keep of a trained nurse (who is needed during febrile stages for a part of both day and night, unless relatives can attend to the nursing), and for an average of two visits a day from the medical man, it will not be safe to reckon the cost of treatment during critical stages at less than £5 per week, exclusive of rent and ordinary household expenses, or of the cost of rooms in lodging-house or hotel, if the patient is away from home. And as the physician in such cases does not live under the same roof, he is quite unable to exercise efficient control over the hygienic details which so often make the difference between recovery or the reverse, and in which consists the special educational value of a sanatorium.

¹ Among these may be mentioned Sir Richard Douglas Powell, Dr. Theodore Williams, Sir Hermann Weber, Dr. Ransome, Dr. Kingston Fowler, Dr. J. A. Lindsay of Belfast, Dr. Philip of Edinburgh, and nearly every physician attached to the London chest hospitals.

Patients who pay from £4 to £6 per week, as at most of the continental sanatoria, have a right to expect not only proper sanitary conditions, good medical attention available at any moment, a good and suitable dietary and efficient nursing, but also an atmosphere of unexceptionable purity, free from boisterous winds, and grounds which are of such a size and character as to allow of graduated walking exercise, as well as rest in the open air.

Owing to the rapid multiplication of full-price sanatoria in this country there are now nearly 600 beds available for this class of consumptives, or nearly half as many as in Germany. Very few however of these have been specially built, and many are not very suitable, owing to their construction, their situation, or for other reasons.

There is still great need of good sanatoria which will provide adequate facilities for treatment at cost price. There are many patients not properly admissible to institutions for the poor who yet cannot afford to pay more than an inclusive charge of from two to three guineas per week. The poor curate, the briefless barrister, the struggling doctor, governess, teacher, actor, artist, the bankers' or mercantile clerk, is utterly unable to afford more than a very modest fee, and has frequently been driven through lack of other resources to one of the consumption hospitals which are neither intended for such a class nor able to provide sanatorium treatment. There is, in fact, no adequate provision for this class of patient, who is often worse off than the artisan or domestic servant. Such provision at low cost can only be made by a sanatorium with accommodation for fifty or more patients; for in many respects it costs as much to provide for two or three patients as for twenty or thirty. The administrative department, the efficient cook, the house-keeper, the trained nurse, the resident medical officer, the grounds and shelters, have to be provided for one patient just as much as for a dozen, and it is only by dealing with a number that economy can be effected, variety introduced, and dulness prevented.

The establishment of the National Association for the Prevention of Tuberculosis and of other kindred societies is but one of many signs that Great Britain is at last waking from her satisfied slumbers and preparing to again take her place in the van of the nations. Our country's sanitary past has been great and fruitful ; and there is every reason to hope that with growing consciousness of the possibility of destroying this dread scourge of humanity by the abolition of town smoke, the improvement of our dwellings, the better ventilation of rooms and streets, the admission of sunshine into our midst, the inculcation of more rational habits of life, the destruction of sputa, the erection of sanatoria, and in many other ways, she will gradually prepare for herself a still more great and glorious future.

APPENDIX.

AMERICA, UNITED STATES.

THE following Sanatoria and Chest Hospitals should be added to the list given in the first edition :—

Asheville Sanitarium, North Carolina.

Chicago Sanitarium for Tuberculosis, Illinois.

Chicago Hospital for Consumptives, to be built at the expense of Mr. Otto Young.

Chico Springs Sanitarium, New Mexico, hitherto a ranche belonging to Ex-Senator Dorcey.

Consumptives' Home, Roxbury, Massachusetts, for the poor.

Convict Camp, Alabama, for tuberculous prisoners of the State.

Cook County Hospital for Consumptives, Dunning, Illinois, for the tuberculous poor of the county. Beds, 380.

Hill Crest, Santa Clara, Franklin Co., New York. A home for incipient cases, maintained by the Working Girls' Vacation Society of New York. Stands 1700 feet above the sea level. Charge 7 dollars per week.

Latta Sanitarium, East las Vegas, New Mexico. Under the charge of (Protestant) Sisters Latta. Beds, 15. Trained nurses. For paying patients.

Ladies' Home Sanitarium, East las Vegas, supported by the Ladies' Local Relief Society. Beds, 16. Visiting Physician, Dr. Atkins. Free to the poor. Others pay 5 to 8 dollars per week.

Pasteur Sanitarium, Suffern, New York.

Pennsylvania Sanitarium, Whitehaven, projected by the Society for Prevention of Tuberculosis.

Saint Anthony's Sanitarium, near East las Vegas. Under the care of Roman Catholic Sisters. Charges 6 to 12 dollars per week.

United States Sailors' Sanitarium, Fort Stanton, Lincoln Co., New Mexico.

United States Army Sanitarium, Fort Bayard, New Mexico. At first 100 beds, later on 200.

THE ASHEVILLE SANITARIUM

was opened on 1st March, 1898, in the neighbourhood of the same city, on a wooded eminence 2350 feet above the sea-level, commanding a fine view of the surrounding country. It has attached to it fifteen acres of park land, wooded with oaks and pines, and has its own supply of spring water. The building has rooms for seventy-five patients, and contains eighty rooms. It consists of a handsome pile with three storeys and basement, provided with lift and electric light, and numerous verandahs and porches. In the basement (which is above ground) is the bathing department with swimming bath and gymnasium.

It is under the management of Dr. S. W. Battle and Dr. Ross, one of whom lives in the building. It is intended for paying patients.

THE FREE HOME FOR CONSUMPTIVES

in the City of Boston was opened by the Young Ladies' Charitable Association at Dorchester, Massachusetts, in March, 1892, in a dwelling-house which was altered for the purpose. It has recently been enlarged by the addition of a new block, and now has accommodation for 125 poor patients. Both buildings are of wood, the new one having brick walls and fire-proof doors every fifty feet as a protection against fire. One building is used for administration. The other has wards on two floors on the south side of the corridors; the dining-hall, sewing-rooms, toilet-rooms, reading-rooms, linen-rooms, and cloak-rooms being to the north of the corridors. In the centre is a large recreation hall, communicating with the wards by sliding doors. Grouped about the entrance hall at the eastern end are consulting-rooms and reception-rooms. Large balconies

run along the south side of the building. In the basement are laundry, inhalation- and disinfecting-rooms, and the kitchen department. At the extreme west are some isolation wards. The ventilation is by heated air forced into all the rooms and corridors.

Drs. E. O. Otis, Merrick and Watts are the visiting physicians.

THE SANITARIUM GABRIELS

was opened on Sunrise Mount on 26th July, 1897, on land given by Dr. Seward Webb and Mr. Paul Smith. It consists of detached cottages built of hard wood, heated by one central boiler house about 800 feet from the main building. Pure air is forced into the buildings through a shaft, and heated on its way by radiating pipes. The air can in this way, it is said, be changed every five minutes. About seventy patients can be admitted. Dr. J. C. Lamb is house physician. Both rich and poor are admitted, the fees of the former helping to support the latter, and the nursing sisters receiving no personal remuneration. Medical attendance is free. Weekly charges, 7 to 12 dollars; extra for laundry, medicine, and attendance in the bedroom.

THE HYGEIA,

Citronelle, Alabama, is now under the management of Dr. J. G. Michael, with Dr. Keith Fondé as house physician, and is open all the year round.

THE MASSACHUSETTS STATE HOSPITAL

for Consumptives and Tuberculous Patients, which was opened on 10th October, 1898, was described by the author in an article published in the *Lancet* for 19th August, 1899, from information kindly furnished by the resident physician, Dr. Walter Marclay.

It stands 1200 feet above the sea-level in the open country about one and a half miles from a small village, one hour and three quarters' journey by rail from Boston, and one hour by rail from Worcester. The place is just sufficiently near the coast to have "a suspicion of sea air" after several days of east

wind ; but otherwise it has an inland hill climate. The soil is sandy and rocky and contains much mica schist. There are 200 acres of land belonging to the institution, which covers the greater part of a hill with a southerly aspect and extends eastwards to a lake a mile long, from which comes the water supply. A hill rises to the north-west, behind the institution, about 100 feet higher than that building, which is further sheltered to the north by a grove of pine-trees.

The hospital, which might even more properly be called a "sanatorium," consists of a number of one-storey pavilions radiating from the convex side of a semicircular corridor (fig. 75). Behind the centre of this is the kitchen block, with servants' dining-room, and in front of it the nurses' dining-room. Behind the kitchen block are the laundry and disinfector, and still farther back the dynamo- and engine-room. The western pavilions are for men and the eastern for women ; and the latter also have separate dining-rooms. The pavilions are alternately long and short, the former having dining-rooms attached to them behind the circular corridor. The part of the pavilion immediately in front of the latter consists on one side of private wards, and on the other of bath-rooms, lavatories and a nurses' room. Then come in succession a large ward for eight beds, a circular ward with from four to six beds, and another ward with eight beds, terminating in a sun-room and a piazza. The shorter pavilions have only one large ward instead of two, and no circular ward. Alternating with the above-mentioned pavilions, but radiating northwards from the circular corridor, are two pavilions on either side, each consisting of small wards, nurses' room, bath-rooms, etc. Some distance in front of the centre of the semicircle is an administrative block with offices and separate kitchen. The nurses sleep in another block at the north-eastern corner of the ground ; a corresponding block to the north-west consists of a mortuary, stables and coachhouse. The wards have large windows and have an air space of over 1200 cubic feet per head. Every room has an inlet for warm air and an outlet for foul air, the former being supplied by four fans and engines in the basement. Ventilation is, however, mainly effected by open windows. These are only shut when patients are getting up or going to

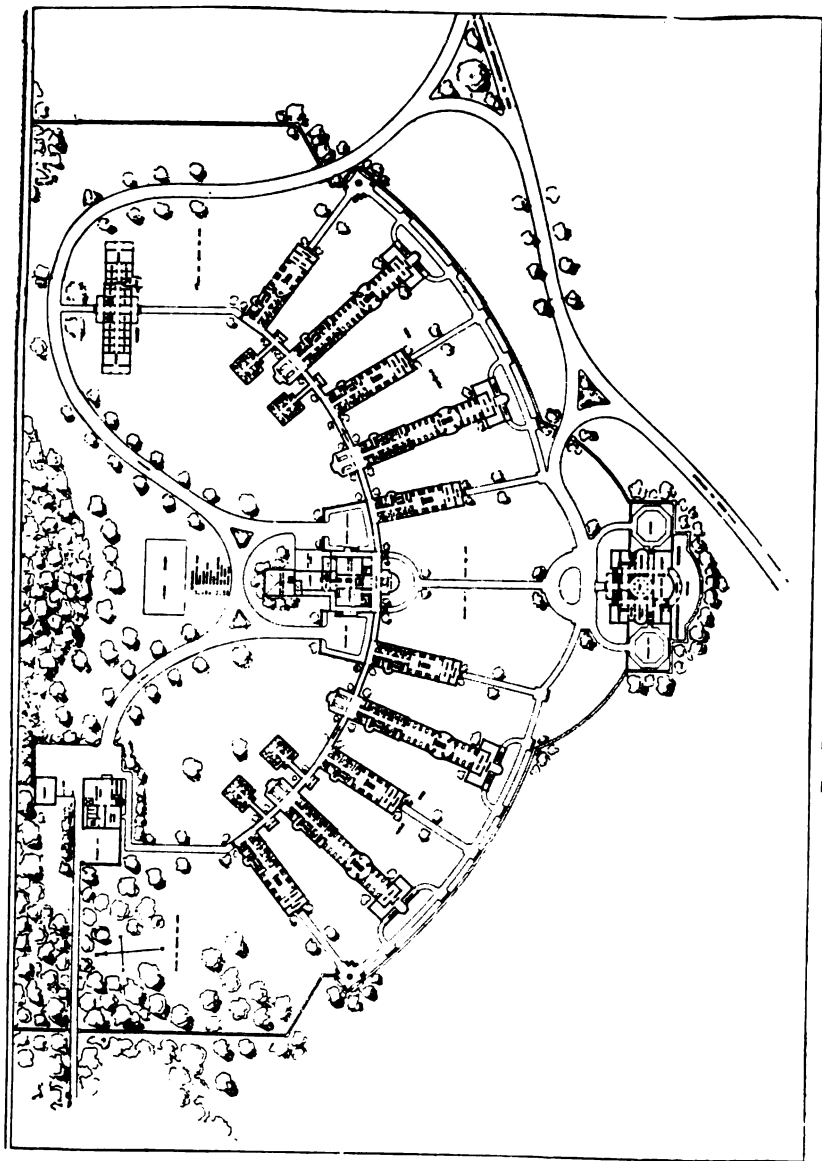


FIG. 74.—MASSACHUSETTS STATE SANITARIUM.

[Face page 404.]

bed. The walls of the rooms are finished in hard plaster, all corners being rounded. The outer walls are rough cast. The roofs are finished with tar and gravel.

The hospital is intended for hopeful cases of phthisis drawn from the class of poorer wage-earners. A charge of 50 cents per day is made, without any extras. There is room for 175 patients, and the average stay is expected to be about a year, unsuitable cases being dismissed after a probationary period of a few weeks. Private wards are set apart on purely medical grounds for those who are specially in need of them, no difference being made in the charge.

The treatment consists mainly in good food and rest in the open air, together with whatever accessory medical or hygienic measures may be required. Patients spend at least eight hours a day out of doors, and in rainy weather they sit in the sun-rooms with open windows. Daily cold baths are largely employed. Disinfectants are not used and sanitary cuspidores take the place of handkerchiefs. Most of the patients make their own beds and walk to the dining-room for meals; but there are trained nurses in the institution for those who need them. The medical staff consists of two visiting physicians (Dr. Bowditch and Dr. Clapp), a resident medical superintendent and two resident assistant physicians.

The hospital was founded partly by a State subvention and partly by private munificence. The payments of patients cover about one-third of the cost, the rest being annually made good by the State.

THE PASTEUR SANITARIUM

has been built by Dr. Paul Gibier, Director of the Pasteur Institute of New York, at Suffern, a little village about an hour's rail from New York. Situated 500 feet above the sea-level, at the foot of the Ramapo Mountains, near a grove of pine and other trees, it has attached to it some 250 acres of land. The building is solidly built with ground floor, two upper floors, and attics. A deep verandah runs opposite the first floor along the south and west sides, transformable by glass shutters into a solarium. On the ground floor are the laboratories and hydro-therapeutical department; on the first floor the dining-room

and a number of other day rooms. The kitchen, laundry, servants' quarters, and machinery are in an annexe connected by a corridor. Heating is by hot water, lighting by electricity. Windows are of the ordinary double-hung variety. There is at present room for about thirty patients. Some pay from twelve to twenty-five dollars per week. There are, however, a number of free beds for poor physicians of any nationality, school, or religion.

The medical director lives in a cottage 1000 yards from the building, connected with it by telephone. A house physician lives in the sanatorium. There is a model farm on the ground.

THE PHILADELPHIA HOSPITAL FOR CONSUMPTIVES

at Chestnut Hill now has eighty beds.

RHODE ISLAND.

A hospital for consumptives is to be erected at Providence by the Rhode Island State Board.

THE RUSH HOSPITAL

for Consumptives, Philadelphia, has been recently enlarged. It is a solidly built structure of three floors and basement, accommodating forty patients in two large wards. It receives an annual grant from the State of Pennsylvania.

THE SETON HOSPITAL

was erected in 1894 opposite Spuyten Duyvil Parkway, within Greater New York, and stands 250 feet above the sea-level, overlooking the river Hudson. The institution is under the care of the Sisters of Charity, and can accommodate 160 patients in wards of twelve each. An even temperature is maintained by a system of fans and ventilators. There is also a large solarium for bad weather. From 1898 onwards this hospital took charge of the consumptive poor of New York, selected by the Board of Health, one dollar per diem being paid to the hospital for each patient. Drs. Jackson and Shradý are visiting physicians. There is also a house physician.

THE WINYAH SANITARIUM

is to be replaced by a large new building with two or more cottages, laboratory, etc., situated in a patch of twenty acres adjoining the city of Asheville.

THE UNITED STATES SAILORS' SANITARIUM

at Fort Stanton, New Mexico, has recently been projected for the reception of tuberculous patients from the Marine Hospital. Ten thousand acres of land have been set apart for the purpose, at an average elevation of about 6000 feet above the sea-level. The soil consists of new red sandstone and magnesian limestone covered by black alluvial deposit with a subsoil of gravel and volcanic stone. The river Bonito runs through the selected tract, from which rolling hilly ground, covered with grass, extends to the mountains. Higher up is a belt of trees, mostly pines and cotton wood. The rainfall is 20 inches, the clear days average 300. A deep artesian well supplies abundant water. Sewage will be by irrigation channels. The buildings will be heated by wood in closed stoves and open fires. There is some idea of encouraging patients to settle in the district, and devote themselves to sheep and cattle farming, light gardening and agriculture. Coal is to be found six miles off.

ARGENTINE REPUBLIC.

During 1899 a league was started for the prevention of tuberculosis in this country. It was proposed in Congress to erect sanatoria for the poor.

AUSTRALIA.

There are now several private sanatoria in Australia. I have only been able to get information about one of them.

THE JAMES BROWN SANATORIUM

at Belair, South Australia, is situated on the Mount Lofty Range, seven miles from Adelaide. The situation is described as excellent, 1100 feet above the sea-level, very dry and bracing. In summer the temperature is stated to be several degrees

below that of Adelaide and seldom oppressive, in winter rarely below 45°. The climate is "almost an ideal one, allowing the patients to live outside all the year round".

"The buildings consist of three blocks, a central one for the staff, one for male, the other for female patients, with a large dining-hall (40 × 26, and 20 feet high), all buildings connected by covered passages. There is a plentiful supply of verandahs with comfortable lounges. The grounds extend over thirty acres; and patients can wander about over the hills in all directions. Accommodation is provided for twenty-five patients, and as the beds are fully occupied this number will shortly be added to. Patients are expected to pay 15s. per week towards the maintenance, the rest of the expense, as well as the cost of the buildings (£8000), being met by the legacy of the late James Brown. The open-air treatment is fully carried out, with very encouraging results." I am indebted for this information to the medical officer, Dr. A. H. Gault.

AUSTRIA AND HUNGARY.

Beyond establishing the sanatorium at Alland very little seems to have been done in this direction in Austria proper. In Bohemia there are two societies, one German and one Czech, each of which proposes to erect sanatoria for the poor. There is also a sanatorium projected in Styria.

At the *Alland Sanatorium* one-third of the beds are allotted to women.

BELGIUM.

A society or league against tuberculosis was founded in 1897 as an offshoot of the Royal Society of Medicine.

It is stated that a sanatorium for paying patients has been started under Dr. Hottly at Limburg.

CANADA.

There are two sanatoria for Consumptives now in working order in Canada:—

The Laurentian Sanitarium at Ste. Agathe des Monts, Montreal.

The Muskoka Cottage Sanitarium at Gravenhurst, Ontario.

THE MUSKOKA COTTAGE SANITARIUM

was opened in September, 1897, and is the first of a series of sanatoria to be erected by the National Sanitarium Association of Canada.

It is situated on the shores of Lake Muskoka, 125 miles from Toronto, about 800 feet above the sea-level, and is protected to the north and west by rocky hills and by a neighbouring wood of deciduous and coniferous trees. The soil consists of Laurentian rock ; the climate is dry, bracing and free from dust.

The buildings consist of an administrative block and a number of cottages. The former has a central tower and diverging wings. It contains bedrooms for twenty patients, and has a deep verandah in front of the ground floor, which forms three chief solaria facing respectively south, south-east and south-west. It has also a number of reception-rooms. Over the verandah is an open balcony. The building is heated by steam pipes.

The cottages contain each from four to six bedrooms and a large sitting-room with an open fire-place. The verandahs can be enclosed by glass screens. The cottages are heated by hot-water pipes, and are finished in hard wood. Every building has a southerly aspect, and is lit by electricity.

There are three chief and three intermediate meals.

Only patients in early stages are admitted.

The physician is Dr. J. H. Elliott.

The charges are six dollars per week, including medicine.

There is at present accommodation for fifty patients, all in separate rooms. During the first three years of its existence 371 patients were admitted. The average stay has risen to 129 days.¹

A SANITARIUM FOR THE POOR

of Toronto will shortly be built under the auspices of the National Sanitarium Association in the same neighbourhood as the Muskoka Cottage Sanitarium. It will contain fifty beds, and is expected to be ready in about a twelvemonth. An allowance of forty cents per patient per diem will be made by the municipality. Easy terms has been granted for the transport

¹ *Lancet*, 8th Dec., 1900.

of patients over the Grand Trunk Railway to and from the sanatorium.¹

THE LAURENTIAN SANITARIUM

stands on the mountains of that name, nearly 2000 feet above the sea-level, about a mile from Ste. Agathe des Monts and sixty-four miles from Montreal. The district comprises innumerable lakes and forests, and is dry and bracing. The sanatorium is fairly well protected from the north by distant hills. The building is square and unpretentious, with three floors and attics, a verandah on the ground level and a covered balcony above it; the verandahs can be enclosed with glass screens, and are provided with fire-places. The sanatorium is in charge of trained nurses and a staff of visiting physicians, and has beds for twenty-five patients. It was built in 1898.

THE CANARY ISLANDS.

A sanatorium on the model of Falkenstein has been in existence since 1890 at Santa Catalina, about one and a half miles from the town of Las Palmas in the north-east part of Grand Canary. Designed by Mr. A. J. McLaren, himself originally a sufferer from pulmonary tuberculosis, it has been managed up to the present as a sanatorium and hotel combined. The south wing is now to be devoted to patients who will be treated more strictly on Nordrach lines.

The sanatorium stands in about eighteen acres of ground, reaching from the sea to an altitude of 250 feet above the sanatorium. At this height is a bare tableland with golf links, which extend to a height of 500 feet above the sea-level. North and south of the grounds is farm land with very few roads or habitations. Excepting on the public roads which are dusty in hot weather, but which can easily be avoided by patients, the air is pure and free from dust and laden with ozone. For 240 days annually the north-east trade winds blow direct on to the sanatorium. No rain falls between May and October; during this period the climate is moderately warm and very sunny, with a mean temperature of 74·5° F. and a maximum of

¹ *Lancet*, 5th Jan., 1901.

79°. In winter it is dry and bracing and rather cooler than an average English summer. The soil is rocky and dry.

The sanatorium is planned like that at Falkenstein with diverging wings, but with three storeys instead of five, and a less cramped kitchen department. The concavity of the building looks east-north-east.

The dining-room, billiard-room and smoking-room occupy the northern wing on the ground floor. In the central part of the building are a large entrance hall and reception-rooms in front of the corridor and smaller rooms behind it. Verandahs and balconies surround both wings on the two lower floors and line the eastern side of the central part. The top floor leads to large terraces over the wings which are partially covered with roofing. The servants are quartered in a separate block to the north-west. The south wing, containing twenty out of the eighty bedrooms, will in future be devoted to the "Nordrach" treatment. Patients in this part will take their meals in common in a separate dining-room without windows which has been built on the south side of the south wing.

The internal arrangements of the sanatorium are mainly on the usual lines. Polished floors, no carpets beyond small slips in the bedrooms and on the staircase, a narrow strip of cocoa fibre matting in the corridors, whitewashed walls; simple furniture; French windows, with large square fan-lights; extra large windows to all the common rooms; louvre shutters to all outside doors and windows.

The water supply and electric lighting are those of the town of Las Palmas. Sanitary engineering has been done by a first-class English firm. The milk, which is from herds living in the open air, and therefore seldom infected with tubercle, is sterilised before use.

Sputa are received into cups or Dettweiler's flasks containing bleaching solution or corrosive sublimate solution.

The sanatorium, which belongs to a company, is managed by Mr. and Mrs. Sauerbrei, the latter of whom was an English-trained nurse and hospital sister. Another trained nurse is kept in the place and a third during the winter months. The medical officers are Dr. Brian Melland and Dr. Fleming Baxter.

Terms for Nordrach treatment: five guineas or less; extras:

personal laundry, alcoholic beverages, extra nursing and medical attendance. Lower terms in the general part of the sanatorium.

Further particulars from the Canary Islands Company, Laurence Pountney Hill, E.C.

THE HÔTEL MÉTROPOLE,

Las Palmas, also professes to provide facilities for open air treatment. It is situated outside the town, overlooking the harbour, and has a resident trained nurse. Meals in English style.

GÜIMAR HOSPITAL,

for open air treatment, has been opened in Teneriffe, 1200 feet above sea-level, twenty miles south of Santa Cruz. Physicians: Drs. Stanford Harris and J. Campbell Graham. Terms five guineas. Further particulars from Messrs. Squire & Son, 413 Oxford Street, W.

CAPE COLONY.

Miss Blennerhassett and Miss Sleeman opened a home for consumptives at *Middleburg*, Cape Colony, in June, 1895. Middleburg was then a picturesque village, well planted out with gardens, 4000 feet above the sea-level, on the railway from Port Elizabeth and East London, eighteen hours by rail from the former.¹

An hotel at *Lemonfontein*, Beaufort West, and a sanatorium at *Claremont*, about two miles from Wynberg, are also recommended. At the former the charges are about £3 10s. to £4 per week.²

DENMARK.

A society for the promotion of sanatoria for consumptives was formed in 1895 under the auspices of Prof. Reisz of Copenhagen. The first of its sanatoria (*Vejlelfjord*) is described below.

BOSERUP SANATORIUM

has been built by the city of Copenhagen, not far from Roskilde in Zealand, for the tuberculous poor of the city. It contains 110 beds, mostly for men, the two portions being separated

¹ Dr. Sheen, *Brit. Med. Journ.*, 27th Oct., 1900.

² Lt.-Col. Battersby, *ibid.*, 15th December, 1900.

by the administrative block and the medical officer's quarters. It is intended later on to raise the number of beds to 200. The daily charge is 1s. 3d. for most patients, half this amount for members of sick benefit societies, but considerably more for those from outside Copenhagen.¹

VEJLEFJORD SANATORIUM,

a pay sanatorium of ninety-four beds, was opened in February, 1900, under Dr. Saugmann, on the northern coast of the fjord not far from the open sea. Attached to it are forty-two hectares of land with a sea-front of about 900 metres. The sanatorium is thirty metres above the sea-level, 400 metres from the coast, sheltered to the north-west and to the east by wooded hills, which rise to a height of eighty-five metres. Of the ninety-four beds sixty are in single-bedded rooms, the rest in pairs. The sanatorium has its own water supply, sewerage, hot-water heating, electric lighting, electric lift for patients, and steam laundry. There are several common rooms; the "liegehallen" are placed at the sides with only the corridor behind them. The medical officer's house is at a short distance. The total cost amounted to nearly £40,000. The profit is limited to 4 per cent., the rest being devoted to lowering the charges, which at present stand at 6s. 9d. per diem.²

EGYPT.

Several sanatoria are now stated to exist in this country. One of these is under the care of Dr. Arthur Bentley, at *Helouan*, in the palace of the late Khedive Teufik. Another is at *Mena House*, near Cairo, formerly under the care of the same physician. A third is at the Cataract Hotel, *Assouan*, where Dr. H. E. L. Canney resides.

THE TEUFIK PALACE HOTEL

at Helouan stands about 140 feet above the valley of the Nile, in the highest part of the town, which is three miles from the river, at the foot of the Mokattam Hills, and can be reached by train in half an hour from Cairo. The sanatorium is surrounded on all sides by desert.

¹ Liebe, *Der Stand der Volksheilstätten Bewegung* (Munich, 1900), p. 49.

² *Zeitschr. f. Tuberk.*, i., 2, p. 167.

four laboratories, under the care of Prof. Arloing and Dr. Guinard. Curable cases of both sexes are received into the sanatorium.

Havre.—An isolated block at the Hôpital Pasteur has been transformed by Dr. Frottier into a sanatorium with twenty-two beds.

Lille.—Dr. Ausset is collecting subscriptions for a sanatorium at Avesne. The Ligne du Nord Contre la Tuberculose are projecting a sanatorium with 100 beds for the same city.

Mentone.—Dr. Malibran has opened Les Villas Sanatorium for the consumptive poor, who are taught bee-keeping, silkworm rearing, olive gathering, flower gathering, etc. The patients stay indoors at sundown and shut the windows for an hour or more.

Nancy.—Drs. Spillmann and Haushalter are building a people's sanatorium at St. Christophe-en-Laye, near Nancy.

Orleans.—There is a similar movement here for the erection of a sanatorium of twelve beds in the neighbouring woods.

Paris.—An influential body of Parisian physicians has raised a large sum of money for the erection of a popular sanatorium. The scheme has been adopted and supported by the municipality of Versailles and various local mutual aid societies.

All the above are the result of private initiative.

Paris.—Of the Parisian hospitals where special blocks were opened for consumptives, the Hôpital Boucicaut, with fifty beds in a new and well-appointed building under Dr. Letulle, has been fairly successful; the block at the Hôpital Lariboisière, with 156 beds, has been shunned by patients owing to the heavy mortality.

Angicourt.—The sanatorium here, intended to have 200 beds, has taken fourteen years in building. One hundred and thirty-four beds were completed at a cost of £60,000, but funds were not forthcoming to furnish them. It is now shortly to be opened.

See also *Monaco*.

Ormesson and Villiers-sur-Marne.—There are now three agricultural colonies connected with these sanatoria: at Trémilly, Noisy and Le Menillet, comprising in all seventy-seven hectares of land.

EASTERN GERMANY.

Görbersdorf.—The *Brehmer Sanatorium* is now under the care of Dr. J. Petri, for sixteen years assistant to Dr. Brehmer. The "second class sanatorium" has been increased by the addition of six houses with 110 bedrooms, formerly called the "Krone Sanatorium". Dr. Weicker's *Krankenheim* now has 275 beds. Patients are systematically trained to do suitable work.

Königsberg.—A site has been offered free for a sanatorium here.

Loslau Sanatorium is now under the care of Dr. Schrader, who will have a second medical officer under him.

OBERKAUFUNGEN.

A sanatorium for both sexes was opened 11th April, 1900, by the National Women's Union of Cassel. It stands on the side of a wooded cliff with a south-west aspect, and has two "liegehallen" at the sides. The dining-saloon is to the north, with kitchen beneath. There is a separate doctor's house. The main block is of several storeys and contains 100 to 120 beds (seventy-six for men). The rooms have each from one to seven patients, ten being single-bedded. There are separate lavatories and day-rooms for the two sexes. Heating is by low-pressure steam, lighting by electricity. The management is under the Red Cross Sisters of Cassel; Dr. Pickert is medical officer. The cost was nearly £24,000.

Another sanatorium is planned for fifty female patients belonging to Silesia.

In *Posen* a society has been formed to erect a sanatorium, and £15,000 has been promised towards it by the local insurance company.

The *August Hospital* in Slawentzitz (Upper Silesia) has now a pavilion for consumptives.

At *Neudorf*, near Friedland, a private sanatorium has been opened by an engineer's wife. The medical officer, Dr. Kirchnest, lives some distance off, at Friedland.

BRANDENBURG, MECKLENBURG AND POMERANIA.

Belzig Sanatorium was opened on the 8th of March, 1900. It stands in a pine-wood and possesses its own springs of water and irrigation fields. A chain of mountains, of which the highest peak is the Hagelsberg, shelters it from the north. There are ninety-two beds.

The *Bleichröder Sanatorium*, which has twenty-five beds for the less wealthy middle-class patients of both sexes, uses the same kitchens, laundry and grounds, as the Belzig Sanatorium.

The *Berlin Charité Hospital* is to have a pavilion set apart for forty consumptives.

The *Blankenfelde Sanatorium* now has sixty-four beds.

Birkenbusch.—A home for consumptive men has been projected on the irrigation fields at Birkenbusch, near Berlin.

Another is projected for 100 men in a similar situation at *Buch*.

THE COTTBUS SANATORIUM

of the Brandenburg Insurance Company was opened on 13th July, 1900. It contains 100 beds, one to six in each ward, all to the south of the corridors. Large day-rooms are placed at the ends of the wings, from which "liegehallen" run obliquely, each for twenty patients. The doctor's house is at the end of the one, the inspector's at the end of the other "liegehalle". To the north of the central portion are two pavilions of one storey, for the chapel and dining-room respectively. Under the latter is the kitchen; and adjoining are the engine-house, laundry and disinfector, and staff bedrooms. Still farther off are the stables and ice-house. The institution, which is for women, cost £28,750. Dr. Bandelier is medical officer.

THE GRABOWSEE SANATORIUM

now consists of a wooden building with twenty-six beds, a solidly built block with fifty-one beds, together with baths and day-rooms and doctor's quarters; an administrative block, with dining-room, kitchen department and rooms for the doctor, sisters and staff; a laundry, with disinfector and

quarters for the inspector; a gas factory for the production of acetylene; engine-house, with quarters for the engineer; a pneumatic sewage station; and a number of *Döcker baracken*, ten of which contain beds. A new pavilion has been built, which raises the total number of beds to 200. A visit to this institution leaves a very favourable impression behind it. A country colony is to be added to the sanatorium for the patients who leave it, who will be trained in arboriculture and fruit raising.

Jungfernheide, near Berlin.—A sort of convalescent home was opened here in April, 1900, for the use of those waiting admission to a sanatorium, or threatened with consumption. Patients come down by train to spend the day in the open air, meals being provided at low charges, but no sleeping accommodation.

Malchow Sanatorium now has eighty-eight beds.

Prussian-Hessian Railway Friendly Society has planned two sanatoria, one of which is to be in the Riesengebirge, near Krummhübel and Schreiberhau.

Rostock.—A sanatorium is projected for the poor of Mecklenburg. There will be 100 beds in summer, seventy in winter.¹

Stettin.—A legacy of £17,500 has been left to the town for a sanatorium. The local society will, therefore, probably devote its funds to supporting likely patients in existing sanatoria.

A *Children's Sanatorium* for tuberculous children is projected by the Berlin Brandenburg Society. An anonymous donor has promised 200,000 marks, and 12,000 marks have been collected (April, 1901). The building is to be of one storey in two divisions with fifteen beds each for boys and girls respectively.²

SAXONY.

Albertsberg Sanatorium now has 140 beds, two *baracken* having been added. Steam heating has been substituted for close stoves, and water-closets for earth-closets. Here as in many other sanatoria patients are expected to do a little work. Dr. Schultze is chief medical officer.

Carolagrün Sanatorium, for women and children, was opened on 15th October, 1900. It contains 120 beds and will have a

¹ *Heilstättenbote*, Jan., 1901.

² *Rothe Kreuz*, April, 1901.

church in the woods in common with the Albertsberg Sanatorium. The heating is by low-pressure steam. Dr. Gebser is chief medical officer. Qualified clinical assistants will be attached to these two sanatoria.¹

REIBOLDSGRÜN.

In 1898 this sanatorium, which had since 1892 been leased by Dr. Wolff-Immermann from Dr. Driver, was bought by the former, who has since made considerable alterations and additions. A number of small villa residences are to be added for the wealthier patients at higher fees, and at the same time the fees are to be reduced for the poorer ones. The "upper houses" have been stylishly refurnished and provided with additional day-rooms. In this portion, which forms a separate sanatorium by itself, there are now nearly seventy bedrooms. The "lower houses," which have for the most part smaller rooms, have a completely separate organisation, with a less expensive menu. For the present there are only thirty beds in this section. Central heating, acetylene gas lighting, and water-closets to every block are being provided. There has been a considerable increase in the number of patients, which amounted to over 500 in 1899.

VOGELSANG,

Gommern, near Magdeburg. A sanatorium for women and girls, was opened on 1st July, 1899, by the Patriotic Women's Union of Saxony. The main block is solidly built and has accommodation for the medical officers, the dining-room, etc., and forty beds for patients. Another block accommodates the male staff. A third contains the steam laundry and eighty beds. Eighty beds are contained in fifteen *baracken*. Nearly one-third of these beds were used all the winter 1899-1900. Dr. Schudt is medical officer. As in some other similar institutions corsets are forbidden.

¹ *Heilstättenbote*, Jan, 1901.

THE HARZ DISTRICT.

The *Oderberg Sanatorium* at St. Andreasberg has been improved by the addition of a summer-house, sputum disinfector, drying-room for wet clothes, pumping station and fire-engine.

The *Glückauf Sanatorium* has been opened by the Hanse Insurance Company in the same neighbourhood for women. It was not specially built but adapted and added to. It contains quarters for the doctor and matron and a few beds for patients. A new building will be placed to the eastwards, and between the two a third for the bath-rooms, day-rooms and in the roof more bedrooms for patients. To the west yet another block will be built for the kitchen department and dining-rooms. Dr. Servaes is medical officer.

The *Albrechtshaus* at Stiege now has eighty-six beds, several *baracken* having been added of which one is to be used as a "liegehalle".

The *Marienheim* was opened in June, 1899, and has thirty beds.

Sülzhayn Sanatorium was formally opened on 15th October, 1898. Two free beds have been retained for patients who are competent to act as teachers or ministers. The private sanatorium *Fernsicht* is therefore now devoted to full-price patients. Three other open sanatoria exist in the village of Sülzhayn, the *Waldhaus Sülzhayn* of the Evangelical Diakonal Society (charges 35 to 50 marks per week); the *Pension Sonnenhof*, which has ten rooms and a "liegehalle" (charges 31½ to 42 marks, *plus* medical fees and extras); and the *Villa Elisabeth*. All three are under the supervision of Dr. v. Hahn.

The *Königsberg Sanatorium*, near Goslar, now has fifty-seven beds. A teacher comes twice a week from Goslar.

The *Zellerfeld Sanatorium* near Clausthal now has fifty-eight beds.

SCHWARZENBACH SANATORIUM

in the same district was opened on 9th May, 1899. It stands 576 metres above the sea-level, and consists of a main block, with seventy-six beds, and a *Döcker baracke* with fourteen more. The main block consists of a basement, ground floor, first and attic floors. The kitchen is in the basement, to-

gether with heating and disinfecting apparatus and three bath-rooms. There are nine bedrooms on the ground floor. Lighting is by electricity. There are earth-closets. The place was originally an institution for nervous diseases belonging to Dr. Appenrodt of Clausthal, and was bought by the Hanover Insurance Company and converted into a sanatorium, under the care of the same medical officer, at a cost of £7850.

The *Sachsen-Anhalt* Insurance Company intends to erect a sanatorium near Döben.

The *Saxony Insurance Company* has also a project for a sanatorium.

Other sanatoria have been projected for Leipzig and for Dresden. The former will be at Adorf; the ground is stated to have cost £4350.

THURINGIA.

The *Sophienheilstätte* at Berka, built by the Patriotic Institution of the Women's Union of Saxe-Weimar, was opened on the 10th of October, 1898. Dr. Koppert is stated to be the medical officer.¹

At *Römhild* a sanatorium for forty to fifty women is projected by the Thuringian Insurance Company, and a site has been bought for the same on the southern slope of the great Gleichberg.

A sanatorium is projected for *Eisenach*.

HANOVER, WESTPHALIA, OLDENBURG, LIPPE DETMOLD AND SCHLESWIG HOLSTEIN.

Altena Sanatorium.—Compulsory technical instruction in outdoor work is given here to the patients.

EDMUNDSTHAL SANATORIUM

at Geesthacht, for the city of Hamburg, was opened on 4th May, 1899, in a little pine wood about 90 feet above the river Elbe, where it is sheltered on three sides by wooded hills.

¹ Liebe, *Heilstättenbewegung*, 1900.

It consists of a main block, engine-house, doctor's house and out-buildings. The main block is H shaped, and consists of a basement and two upper storeys. The whole of the southern long building, and the ends of the northern, are wards for patients, the connecting piece consisting of kitchen department below, and dining-hall above. In the basement of the southern building are baths and lavatories. Adjoining the wards are wide corridors which form day-rooms; and outside these are verandahs. The total accommodation is for 103 beds. Four large wards contain twenty beds apiece. These wards are each divided into five divisions by partitions reaching half way to the ceiling. Four smaller rooms contain each four beds, besides which there are seven single-bedded rooms. All but three of the latter are on the south side. Hot and cold water are laid on everywhere; heating is by low-pressure steam, lighting by electricity. The place is intended for men who are not insured in the Sickness Insurance Companies. The charges are 2 marks per diem. The site was given by the city of Hamburg, as well as £3000 per annum for five years. The total cost of the building, etc., amounted to nearly £17,500, two-thirds of which was given by Herr Siemens. Dr. Ritter is medical officer.

The second *Johanniter Hospiz at Lippspringe* has been converted into a sanatorium with twenty-five to thirty beds.

The *Ronusdorf Sanatorium* for 100 men is expected to be ready this year, after which the above will be devoted to women.

Another sanatorium is to be built for the *Minden* district at Lippspringe in a pine wood. It is to consist of two blocks, each with fifty beds, one for evangelical, the other for Roman Catholic patients. Each block has a separate kitchen, but the administrative block and disinfector, douche and bath-room, isolation hut and mortuary are to be in common. The site has been given free by the parish. The building is expected to cost £17,500 and to be ready this year.

The *Schleswig-Holstein Insurance Company* has plans for a sanatorium, for which a site has been offered.

RHINE DISTRICT.

Alberschweiler.—The “ Franzosenmühle ” has been converted into a sanatorium for Lorraine with forty to fifty beds. Further additions will be made.

Braunfels, near Wetzlar, was conducted for a time by Dr. Liebe (formerly of Loslau) as a provisional sanatorium for paying patients, but was converted in November, 1899, into a popular sanatorium, as another private sanatorium was being prepared at Waldhof-Elgershausen.

The Braunfels Sanatorium consists of a main block, in which the doctor lives, with two gardens provided with shelters, and of thirty-two beds distributed among six neighbouring houses.

Coblenz.—A sanatorium is projected for this city.

Cologne.—The Lindenburg Hospital now receives consumptives.

Crefeld.—A sanatorium is projected for this town.

Naurod Sanatorium is being built near Niedernhausen in Hesse-Nassau. There will be beds for thirty men and twenty women ; a separate doctor's house, manager's house and dining-room.

Langenberg, near Olsberg on the Ruhr. A sanatorium of 150 beds has been planned for the Bochum Trades Union.

Rohrbacher Schlösschen.—A convalescent home for consumptives and others was opened here in January, 1899, by a Heidelberg Benevolent Society. Dr. Holl of Heidelberg is medical officer.

Ruppertshain Sanatorium has been considerably enlarged. A new wing has been added, raising the number of beds to ninety for men and thirty-two for women. A new kitchen and dining-rooms have been built between the two wings, and engine-house at the back, and a separate house for the doctor. Water-closets have been substituted for earth-closets.

Roszbach, on the Sieg.—A sanatorium is being built here for 100 men.

Soden.—There is a sanatorium here for poor Jews, the majority of whom are consumptives. Dr. Hughes and Dr. Rothschild are medical officers.

Sonnenberg.—A sanatorium is being built here for the Saarbrücken district.

Treves is to have a sanatorium near Wittlich.

Werden, on the Ruhr.—A sanatorium is to be built here. Liebe states that £30,000 has been collected for the purpose.

WALDHOF-ELGERSHAUSEN.

A new sanatorium for paying patients has been opened here in a country house which belonged to the late Prince Albrecht of Solms-Braunfels. Situated on the south-eastern slope of the Westerwald, on the watershed between the little rivers, Dill and Ulm, with distant views of the Taunus, Feldberg and Alt König, the sanatorium stands 375 metres above the sea-level, on similar soil to the well-known Falkenstein Sanatorium. It consists of a main building which was originally an abbey attached to a large church, a small administrative block, formerly a hunting lodge, a new residential block and various out-buildings. The main block contains on the ground floor a kitchen, staff-rooms and dining-room for second-class patients; also reading-room, dining-room and two bedrooms for private patients. On the upper floor are a ward with fourteen beds, the doctor's rooms and two rooms for private patients; and in the attic floor a ward with thirteen beds, and rooms for nurse and servants. Next to the entrance is a room for changing dirty boots. The administrative block consists of consulting- and waiting-rooms, laboratory and office. The new block contains two wards on ground floor and first floor, respectively; each with seven beds. In another building are benzine motor, dynamo and accumulators, laundry, bakehouse, bath- and douche-rooms, disinfector and mortuary. The stables and cowsheds are in another out-building. Surrounding the place are pine woods, on the edge of which are three "liegehallen" and an air-bath. A pond serves for boating and skating.

The total accommodation comprises fifty-five second-class beds for men who pay twenty-nine to thirty-one marks per week, and four first-class rooms for patients of either sex at fifty to sixty marks. Further additions to the latter are contemplated. The rooms are painted with enamel and oil paint,

WILHELMSHEIM SANATORIUM

in Wurtemberg, in the Black Forest, at Schiffrain, was opened in September, 1900. It stands 435 metres above the sea-level, on the south side of the fairly steep slopes of the Löwenstein Mountains, overlooking the Murrthal. It is well protected by woods and hills to the north and east, and fairly well to the west. The building, which has three storeys and attics, stands on a terrace surrounded on three sides by woods, the ground rising 50 metres behind it, and falling in front about 260 metres to the bottom of the valley. A separate doctor's house stands a little to the north-west. The sanatorium, which is intended for men, contains sixteen rooms for three apiece, and eighteen with fifty-two, or 100 in all. The capital, which amounted to 300,000 marks, was borrowed at 1 per cent. for ten years from the Wurtemberg Savings Bank, and was met partly by the State, partly by the Wurtemberg Insurance Company, partly by the Central Sanatorium Committee in Berlin, and partly by boards of guardians, sick benefit societies, manufactories, private donors, etc. Dr. Knapp is medical officer. The Oppenweiler Railway Station is four kilometres distant.

HOLLAND.

Most of the Dutch consumptives who undergo sanatorium treatment go to the German or Swiss sanatoria. The Dutch sanatorium in Davos has been already described. There is, however, now a sanatorium for paying consumptive patients in Holland.

THE SANATORIUM OF PUTTEN OP DE VELUWE

was founded mainly through the exertions of Dr. P. K. Pel. It consists of a solidly built house in the usual style of Dutch country houses, with basement, ground floor and first floor. A verandah, festooned with creepers, runs along the south and west side of the ground floor. The floors are covered with linoleum; the furniture is fairly simple and cleansable. The windows are of the ordinary English kind, provided with louver blinds to keep out rain. Surrounding the house are gardens

and woodland, with sheltered paths and a large reversible "liegehalle". Sputa are treated with hetol. Disinfection is done with formaldehyde. Heating is by closed stoves. Lighting by gasoline glowlights.

The charges, including everything excepting personal laundry and beverages, are from $3\frac{1}{2}$ to 6 francs per diem.

There is a railway station within a short drive.

The physician is Dr. Haentjens.

SANATORIA FOR THE POOR

are being built at *Hellendoorn* (Province Overgssel) and at *Orange-Nassaus-Oord* (Province Gelderland). The former will have fifty beds. The latter resulted from a popular subscription of 300,000 florins given to the Queen-Regent on the accession of her daughter, Queen Wilhelmine, to the throne. The greater part of this sum was given by the Queen-Regent for the erection of a popular sanatorium, together with one of the royal parks for a site. This sanatorium will contain 100 beds, and be probably ready for use this year.

ITALY.

A national league with more than fifty branches has been established in this country. In addition to the private sanatorium of Prof. Maragliano at *Nervi*, and a special block at the New Hospital at *Monza*, a number of sanatoria are projected or being erected. Amongst those projected are, one at *Arizzano*; one of thirty beds for *Padua* in addition to an asylum of 100 beds for incurable consumptives; a sanatorium for paying patients near the *Cascade della Marmore* in Umbria; one for *Naples*, to receive both poor and paying patients; one for *Sicily*; one for *Tarentum*; one for the poor at the foot of the *Alps of Cadore*; one at *Palermo*; one for *Novara Pisa and Salerno*, and one for *Milan*. Prof. Cozzolino informs me that a large sanatorium for full-price patients has been built on the coast at *Palermo*. They are treated according to Prof. Cervello's methods (inhalation of formalin and iodine).

Sanatoria are projected at *Moscow, Kieff, Warsaw*, and elsewhere. For the one at Moscow a gift of £20,000 has been received. At Kieff the town has granted a free site. In *Finland* an organisation has been formed to erect a number of sanatoria. The State is to find the cost of erection and part of the cost of maintenance, the commune of the patient paying the balance. In addition to this, a society of Finnish doctors in *Helsingfors* are building a sanatorium at Numela, near Lojo, between Helsingfors and Hangö. Land to the extent of sixty hectares has been given by the State. The houses are to be of stone, and to accommodate fifty to sixty patients.

Another sanatorium is being erected by the Finnish Medical Society, *Duodecim*, in Helsingfors, at Pungaharju, near Nyslott, on the Saima Lake. The sanatorium is to contain beds for fifty patients. A grant of thirty to forty hectares of land has been received from the State.

In *Russian Poland* a sanatorium for the summer months existed from 1879 to 1882 in Mienia, about an hour's journey from Warsaw. Twenty patients were poor, the rest being paying patients. The head of the movement was Dr. Dobrzycki. The treatment was according to Brehmer's teaching. In 1899 the Hygienic Society projected a sanatorium with 160 beds for poor patients, estimated to cost £30,000. Dr. Chrostowski of Warsaw has an independent scheme for a sanatorium for sixty patients four miles from Warsaw. A temporary pavilion for the open-air treatment has been set aside at the hospital at Lodz in the outskirts of the town. It has a garden and "liegehallen".

SPAIN.

According to Cortezo¹ a sanatorium is being erected at *Las Navas*, 1200 metres above the sea-level and two hours by rail from Madrid.

PORTA COELI.

A sanatorium has also been opened at Porta Coeli near Valencia, mainly through the exertions of Dr. Moliner. The Queen Regent has accepted the Protectorate and help has been

¹ Berlin Tuberculosis Congress, 1899.

obtained from Spanish students, workmen's unions, etc., with a state subvention. The place, which was formerly a convent belonging to the Carthusians, dating from the thirteenth century, covers 14,000 square metres of ground. It consists of two large sleeping pavilions with a southerly terrace, standing on a small hill surrounded by an amphitheatre of pine-clad mountains. Behind it is the Sierra de Naquera. The soil is Trias; the altitude 360 metres above the sea-level. The sea is nine kilometres distant. The mean annual temperature is 22° C., the mean winter temperature 14°. Some beds are for paying patients. Ten free beds are reserved for Germans.¹

SWEDEN.

The large sum of money given by the people of Sweden to the King in 1897 to celebrate the twenty-fifth anniversary of his accession has been set aside for the erection of three sanatoria, one in the south, one in the centre, and one in the north of the country. Each is to have 100 beds in winter, 120 in summer, and is estimated to cost £25,000 for erection and a capital sum of £33,000 for maintenance. The Reichstag contributed over £47,000 and offered the necessary sites on State domains as well as large quantities of timber. The first of these sanatoria is stated to be nearly ready for use. The charges are to range from under 4s. per week to nearly 27s. per week.

The northernmost sanatorium will be in 63° north latitude, higher than any other in Europe. The mean temperature here is 2° to 3° C. Snow lies on the ground 155 days in the year. The central one, Hölalahäli, lies between 59° and 60° north latitude, where the mean temperature is 4° C., and snow lies on the ground 100 days in the year. It will be 100 metres above the sea-level. The southern sanatorium is at 57° to 58° north latitude, 225 metres above the sea-level; the mean annual temperature here is 6° C. In every case the selected site is on gravel, on a southerly slope covered with pine forests, with mountains to the north. As regards rainfall, at the northern it averages over 400 mm.; at the central one, 600 mm.; at the

¹ Dominé, *ibid.*

southern, 550 mm. yearly. The two southern sanatoria will be on three floors, solidly built. The northern will consist of four one-storey wooden buildings, each with twenty-five to twenty-seven beds, united by a corridor. "Liegehallen" will be placed in front of the cellars, or some distance from the house. At least 7.5 square metres floor space and 30 cubic metres will be allowed per bed, and in single-bedded rooms much more. The floors are to be of concrete covered with linoleum. The sexes will be separated excepting in the dining-rooms. The other common rooms can be thrown into one. The kitchens and farms will be quite separate from the patients' quarters. The doctor's house overlooks both the entrance and the "liegehallen".¹

SWISS SANATORIA FOR PAYING PATIENTS.

AROSA.

Dr. Jacobi's Sanatorium has been enlarged by the addition of a west wing. The number of beds is now eighty. The whole establishment is heated by low-pressure steam pipes.

DAVOS.

The Platz and Dorf are now continuous, with Dr. Turban's Sanatorium at one end, and Dr. Danegger's Sanatorium at the other. High up on the Schatzalp a new sanatorium has been built for Dr. Spengler, the son of a well-known physician recently dead. A number of other sanatoria are advertised, some of which are probably more correctly to be called hotels or pensions. Among these are the *Hotel Belvédère* (Dr. Douty), the *Heilanstalt* (Dr. Michel), the *International Sanatorium* (Dr. Humbert), the *Kurhaus Clavadel* (Dr. Frey), the *Kurhaus Seehof* (Dr. Philippi), the *Schulsanatorium for Girls* (a sort of model day-school) and the *Sanatorium for Girls* (Dr. Volland).

The New Davos Dorf Sanatorium is now under the care of Dr. Häfeli, formerly at Heiligenschwendli. Proprietors, Frei and Neubauer.

¹ Linroth, Berlin Tuberculosis Congress, 1899.

The Sanatorium Davos Dorf was erected in 1898. It stands back from the road in an elevated position, enjoying plenty of sunshine. The building is of stone, and has four floors, including the basement. There is a verandah on the south side of the latter, and balconies are found on every other floor, the two lower being continuous from end to end of the building. Hydraulic lifts serve every floor. Long corridors run from east to west, nearly all the patients' bedrooms being to the south, and offices to the north. Heating is by low-pressure steam pipes, lighting by electricity. Attached to the main block by a passage is an annexe, the Villa Maria. The proprietors are Hvalsøe and Henrichsen, Danes by birth. The medical director, Dr. Dannegger, with an assistant physician, lives on the premises. Dettweiler's flasks are compulsory. The sputa are washed down a special sputum sink. Disinfection of rooms is done with formalin. Hydrotherapy is employed. Five meals a day are provided. There are sixty-five beds.

The Schatzalp Sanatorium is a large building 300 metres above Davos Platz, 1865 metres above the sea-level, connected with Davos by a funicular railway. Behind it to the north is the mountain, spread out in front are the pine woods overhanging Davos.

Attached to the sanatorium are over forty hectares of land. The building stands on a large terrace, and enjoys an extensive view over the Davos Valley, while its relatively open situation gives it the advantage of plenty of sunlight. The ground floor contains a number of large day-rooms, as well as laboratory and consulting-room and the doctor's quarters. In front of it is a long covered way, leading at the sides to the two "liegehallen". The three upper floors consist mainly of bedrooms placed north and south of the corridors, with here and there a solarium. There are in all about 120 bedrooms; about seventy-five of these are on the south side, mostly provided with covered balconies. Bath-rooms, staircases, water-closets, linen-rooms, and those for servants, are entirely on the north side. The kitchen is on the ground floor to the north-east, and projects beyond the other floors. The heating is by low-pressure steam. There is also a steam disinfector and a complete douche and bathing department on the ground floor. Lighting is by electricity; electric bells and

telephone connect various parts of the building. The rooms are roomy, with painted panelled walls and floors covered with linoleum over felt. Wardrobes are let into the walls, and furniture is washable. Doors are double, and walls specially constructed to hinder passage of sound. Windows are double, provided with ventilators which can be regulated, and with outside blinds. There is a covered way to the railway station, and telegraphic and telephonic communication with Davos. Dr. Neumann, the house physician, lives in the building. Dr. Spengler, the medical director, visits the sanatorium from Davos every day.

Charges for medical attendance, 12.50 francs per diem, extra for medicines, beverages, massage and night nursing. Rooms are from 2 to 15 francs per diem. A charge of 7 francs is made for disinfecting the room on departure, as well as an entrance fee of 20 francs.

The German Sanatorium at Davos is being built near the Davoser See not far from the Wolfgang Station. It is intended for middle-class patients, but the fees will be moderate. There will be forty beds for ladies and forty for gentlemen. The situation in the pine woods is good and sunny. The building is elongated with rooms to south of the corridors, and offices, bath-rooms, etc., behind. In front of the rooms are verandahs and "liegehallen". It is expected to be ready in autumn, 1901.

LEYSIN.

At Leysin the sanatorium has remained unaltered from the description given in our first edition. But the Mont Blanc Hotel is now much enlarged and is called a sanatorium, the newer portion having been specially built for the purpose. It contains about 120 beds. The charges are from 11 to 19 francs per diem. East of the Mont Blanc Sanatorium is a cheaper sanatorium of 120 beds, built by the same company as the other two. The charges will probably be about 8 francs per diem, and the sanatorium is likely to be ready for the coming winter. Dr. Mayer is the medical director. For the three sanatoria there will be seven resident medical officers. The electric rack-and-pinion mountain railway connecting Aigle with Leysin is now complete and in full working order. The

Casino mentioned in our first edition has been bought in by the company and abolished.

MONTANA.

The building described as a sanatorium in our first edition is now an hotel, into which consumptives are not admitted. Dr. Stephani has built a sanatorium with seventy beds in the same neighbourhood, and proposes to add another eighty beds.

SWISS SANATORIA FOR THE POOR.

The Basel Sanatorium at Davos now has eighty-six beds and has been provided with a lift. The medical officers are Drs. Nienhaus and Hosslin. The total cost is said to have been 650,000 francs, the daily cost 3·50 francs per diem.

The Heiligenschwendi Sanatorium has been enlarged to 110 beds. The medical quarters are still insufficient, leading to frequent changes in the staff. The medical director is Dr. Schwab in Bern. The daily cost in winter is 2·25 francs.

The Zurich Sanatorium was opened in November, 1898, and has eighty-eight beds in three pavilions, one of which is for men, one for women, and the third for the administration and dining-room. These are united by glazed corridors and "liegehallen". The daily cost is 3·03 francs.

The Braunwald Sanatorium has twenty-nine beds, and now has a resident medical officer. Both sexes are admitted. The daily cost is 3·82 francs.

The Asile pour les femmes, Feydey, Leysin, was opened in 1894. It stands 1450 metres above the sea-level, and contains fifteen beds.

The Asile pour les hommes at Leysin, opened in 1897, is 1263 metres above sea-level, and has fifteen beds.

Both of these were due to private initiative.

Leysin.—The foundations have been laid at Leysin of a new sanatorium for the poor. The medical attendance will be given by the doctors of the existing sanatoria; the founders and supporters are a Vaudois Charity Organisation Society aided by private subscriptions and a cantonal subvention.

The Sanatorium Malvilliers at the foot of the Tête de Ran, Neuchatel, was opened in 1899. It stands 860 metres above sea-level, and has twenty-two beds.

A sanatorium is projected for Geneva at *Clairmont sur Sierre*.

In the above sanatoria the charges vary from 2 to 5 francs per diem.

INDEX.

- Aberdeen Sanatorium 338, 889
 Achtermann, Dr. 67, 150, 177, 186
 Addenbrooke's Hospital 321
 Adirondack Cottage Sanitarium 18, 80, 23, 34,
 61, 65, 77, 79, 83, 84
 " Mountains 81, 87
 Administration 59
 Admission of patients 1, 49, 57, 60, 62
 Adorf Sanatorium 422
 Aegerl Sanatorium for children 283, 299,
 310
 Africa, South 412
 Agnetz Sanatorium 123
 Agricultural Colonies 62, 141, 312, 416
 Aigle 293
 Aiken Cottages 84, 98
 Aix-la-Chapelle 216
 Alabama—see Hygeia, Convict Camp
 Albersweiler 206, 424
 Albertsberg 22, 46, 75, 78, 206, 222, 419, 420
 Albrecht, Archduke 121
 Albrechtshaus Sanatorium 206, 282, 421
 Alcohol 43
 Alderney Manor Sanatorium 348, 361, 362
 Alexander Sanatorium, Halla 273, 377
 Alexander, Dr. 370, 374
 Algiers Sanatorium 123
 Alland Sanatorium 120
 Alps of Cadore 429
 Alsace-Lorraine 206, 260
 Altadore Sanatorium 348, 389, 880
 Altena Sanatorium 75, 77, 206, 216, 248, 422
 " Johanniter Isoliranstalt 78, 251
 Altenbrak Sanatoria, 148-9, 167, 206, 280
 Alteration of existing buildings 73
 Altitude 5, 13, 14, 54, 73
 Altona Sanatorium 75, 246
 America—see Canada, United States
 Angicourt Sanatorium 128, 416
 Angney, Dr. 67
 Arcachon, 123
 Ardennes, Belgian 311
 Ardes 136
 Area required 16, 73
 Argentine Republic 407
 Arizzano 429
 Arlen Sanatorium 78, 206, 261
 Arosa Sanatorium 70, 283, 284, 434
 Asheville (see also Winyah) 401, 402
 Ashford 349, 354
 Asile pour les femmes, Leysin 437
 Asile pour les hommes, Leysin 437
 Askwith 334
 Aspect 13, 21
 Assistance Publique 80, 127-8
 Assouan (Egypt) 312, 413
 Atmospheric purity 14
 Aughterhouse 338, 343
 Aufrecht, Dr. 65
 Augusta-Viktoria Heim 426
 Aussee (Styria) 126
 Australia 315, 407
 Austria-Hungary, Sanatoria in 120, 408
 Avants, Les 283

 Bacilli, Tubercle 23
 Baden 148, 190, 199, 201, 206, 261-2, 427
 (Vienna) 121
 Badenweiler Sanatorium 190, 201
 Badische Anilin und Soda Fabrik 257
 Bagshot 323, 327
 Bailey, Dr. W. C. 108
 Baker, Dr. R. Langworthy 358
 Balconies, 19
 Baltic Coast 207, 214, 277, 230
 Banchoy 383, 386
 Baracken, Döckersche, 73, 217, 234
 Bardwell, Dr. Noël D. 387
 Barlatsinsky, Countess 273
 Basel Sanatorium—see Davos
 " Gemeinnützige Gesellschaft 299
 " Hilfsverein für Lungenkranke 302
 Bathrooms 20
 Baths 36
 Batthyani, Count 120
 Battle Creek Sanitarium 109
 Baudach, Dr. 197
 Bavaria 206, 263, 265
 Beaulavon, Dr. 52, 112
 Beds 45, 58, 88, 347
 Beelitz Sanatorium 206, 214
 Belgium 311, 408
 Bellevue Sanatorium (Durham) 348
 " Sanitarium (Colorado) 84, 112
 Belzig Sanatorium 76, 206, 214, 216, 418
 Beneke, Dr. 13
 Bentley, Dr. 312, 413
 Berck-sur-Mer 128-9
 Bergen Sanatorium 430
 Berka, Bad 206
 " Sanatorium 206, 214, 422
 Berlin 216, 219
 " Brandenburg Sanatorium Society
 203-1, 214-15, 419
 " Charité Hospital 418
 Bexhill-on-Sea 361, 363
 Birkenbusch 418
 Black Forest Sanatoria 1, 18, 148-9, 190, 196,
 199, 201, 280, 261-2, 428
 Black Sea, see Quisisana
 Blairgowrie 381, 385
 Blankenfelde Sanatorium 76, 206, 274, 215,
 418
 Blankenhain 148
 Bleichröder Sanatorium 206, 214, 215, 418
 Blumenfeld, Dr. F. 14, 35
 Boarding Houses 2, 18
 Bockryk-Genck-les-Hasselt 311
 Boerne—see White Gables Sanitarium
 Bohemia 120, 408
 Bonsecours Convalescent Home 311
 Boots and Shoes 27
 Bordeaux 415
 Boston 93, 115, 401-3
 Boulder—see Colorado Sanitarium
 Bournemouth 5, 321-5, 361, 366, 368
 Bowditch, Dr. V. Y. 66, 92
 Bracknell 356
 Bradford-on-Avon 327
 " (Yorkshire) 324
 Braine-Hartnell, Dr. 370, 373
 Brandenburg 203, 206, 214—see Berlin
 Braunfels 424
 Braunwald Sanatorium 309, 437
 Brecke, Dr. 219
 Brehmer Sanatorium—see Görbersdorf
 Bremen Sanatorium 75, 203, 226, 246
 Breslau 268
 Brévannes 129
 Bridge of Weir Sanatorium 338, 841
 Bridgewater 377
 Brinklee Sanatorium 348, 361, 362
 British Colonies 315, 408, 412
 Brompton Hospital Sanatorium 321
 Brooklyn Home for Consumptives 115, 118
 Brookside, Clare, 348, 818
 Brown, Dr. 370, 378
 Browne, Sir J. Crichton, 30
 Brückenau 148
 Brunswick Sanatoria 203, 232
 Buch 418
 Budapest 120
 Buildings in relation to climate 25
 Bulgaria 311

- Burton-Fanning, Dr. 370, 378
 Buser, Dr. 304
- California 84, 112
 Camberwell Infirmary 320
 Canadian Sanatoria 316, 408
 Canary Isles 410
 Canigou Sanatorium 34, 60, 187, 199, 180
 Cannes 415
 Cape Colony 316, 412
 Carolagrün Sanatorium 419
 Carolina, North, 56, 66, 79, 83-4, 97
 " South, 84, 98
- Carpathians, 124
 Carpets, 26
 Cascade della Marmore 429
 Cassel—*see* Oberkaufungen
 Castlereagh Hills 345
 Cataract Hotel 414
 Cauldwell, Dr. 117
 Cellings 25
 Cervello, Prof. 429
 Chalk Downs, 15
 Channing Home for Consumptives 115
 Charges at Sanatoria 78
 Charleville, Queensland 316
 Chateau de la Tisanère 414
 Chaumier, Dr. 145
 Cheddar 324
 Cheltenham 370
 Chestnut Hill Hospital 84, 96
 Chicago 115, 401
 Chico Springs Sanitarium 401
 Children, Sanatoria for 3, 47, 79, 91, 189, 139,
 145, 207, 273, 279, 283, 299, 310,
 370, 419, 434
 " Schools for delicate, 370, 396
- Chiltern Hills 352, 357
 Chimneys 23
 Christiania 430
 Chur 287
 Cimiez 415
 Citronelle—*see* Hygeia
 Clairmont sur Sierrre 438
 Clar, Dr. Conrad 120
 Claremont (Cape Colony) 412
 Clare (Suffolk) 323
 Cleansing and Disinfection 24, 28, 30
 Chermon-Ferrand 132
 Climates, cool, bracing 4
 " essential factors 5
 " for consumptives 4-6, 9, 33-5
 " mountain 5, 6, 13, 283-310
 Climate only one factor 6, 9, 33
 " The building in relation to 25
- Cloak-rooms 20
 Closed or open sanatoria 2
 Closets 20, 30, 31
 Clothing 36, 46
 Coblenz 186, 424
 Colchester 323, 378, 379
 Cold-catching 11, 36
 Colebrook, Dr. Esther 358
 Cologne 424
 Colonial sanatoria 315
 Colorado 9, 25, 40, 62, 79, 84, 102-3, 109, 111-12
 " Sanitarium 40, 79, 84, 109
- Common rooms 25
 Construction of a sanatorium 18
 Convalescent Homes—*see* Homes
 Convict Camp, Alabama 401
 Conway 376
 Copenhagen 412
 Corners 24
 Cornet on Altitude 14
 Corridors 18, 23, 34
 Corsica 128
 Cost of a Sanatorium 71, 75
 " Home treatment 69
 Cotswold Sanatorium 348, 870
 Cottage Sanatoria, 18, 19, 72, 77, 84, 88, 92,
 98-9, 190, 209, 216, 226, 260, 316
- Cottbus Sanatorium 418
 Country or town 14, 73, 394
 Crainhem Tervueren 311
 Crefield, 424
 Cromer 35, 324—*see* also Mundesley
 Crooksbury Sanatorium 348, 249
 Crouzet, Dr. 134
 Cubic space 22
 Cullis Home, Boston 115
 Cumberland Sanatorium 324
 Curtains 25-6
 Czirfuaz, Dr. Deszoe 125
- Dalby, Queensland 316
 Danish Sanatoria 412
 Dannegger, Dr. 291, 434
 Dannenfeldt Sanatorium, 76, 256
 Dantzig 207-8
 Davos 10, 25, 60, 75, 79, 80, 283, 287, 288, 434
 " Basel Sanatorium 25, 60, 73, 75, 76, 80,
 283, 288, 299, 477
 " Benevolent Society 288, 306
 " Dr. Turban's Sanatorium 283, 288
 " Dutch Sanatorium 80, 283, 288, 299,
 304, 428
 " English Invalids' Home 283, 288, 306
 " German Sanatorium 436
 " Maison des Diaconesses 283, 288, 293,
 296
 " New Sanatorium 288, 291, 434
 " Villa Pravignan 283, 288, 293, 299
- Death-rate from Consumption 393
 Debove, Dr. on forced feeding 43
 Decoration 12, 18
 Deeside Sanatorium 323, 335
 Definition of a Sanatorium 1
 Delamere Forest Sanatorium 323, 335
 Denver, The Home, 25, 62, 79, 84, 100—*see*
 also Downham
 De Peyster Hospital for Children 79, 84, 91
 Derocq, Dr. 140
 Dettweiler, Geh. Dr. 10, 16, 35, 43, 52, 55, 177,
 203
- Devon and Cornwall Sanatorium 324
 Diaconesses, Maison des—*see* Davos
 Diet 8, 41
 Differences in treatment 49
 Dillenburg 148
 Dining Saloon 19
 Dirt 12
 Disinfection 26, 28, 30, 31
 Diver, Dr. 382
 Divonne Hydro. 311
 Döckersche Baracken—*see* Baracken
 Doctor, the Family 64
 Doors 23
 Douche 20, 32, 36
 Douty, Dr. 434
 Downham Sanatoria 324
 Dresden 164, 422
 Driver, Dr. 53, 160, 164
 Dublin Sanatorium 344
 Duncan, Dr. Ebenezer 388
 Dundee Sanatorium 338, 848
 Dunstone Park Sanatorium 348, 370, 378
 Duodecim Society, Finland 273, 432
 Durham Sanatorium 323, 382, 382
 Durtol Sanatorium 127, 129, 182
 Düsseldorf 206
 Dust 5, 12, 15, 24, 26, 27
 Dutch Sanatoria 304, 428
 Dyspepsia and other complications 44
- Eastern English Sanatoria 378
 East Anglian Sanatorium 348, 378, 879
 Eberswald 426
 Edinburgh 338, 339, 383, 388
 Edmundsthal Sanatorium 422
 Education of patients 47
 Eggs 44
 Egypt 312, 413
 Eischbachthal 426

- Elbsaach 422
 Elbeandstein Workers 225
 Electricity 23
 Elgershausen Sanatorium 424, 425
 Elisabeth, Villa 421
 Ellerhorst, Dr. 215
 Ems 148
 Emskopf 206
 Engelthal Sanatorium 206, 426
 Ennui 63
 Erfurt Johanniter 206
 " Sanatorium 243
 Erzgebirge 148-9, 160, 222
 Eranx 311
 Eulengebirge 208
 Evans, Dr. F. H. 370, 374
 Eversley 318
 Ewart, Dr. Wm. 284, 376
 Exchaquet, Dr. 295
 Exercise 12, 16, 38, 40
 Extension of Sanatoria 73

 Factory 14
 Falkenstein Sanatorium 19, 28-9, 34-6, 52, 55,
 58, 67, 76, 148-9, 177, 246
 Faltigberg Sanatorium — see Zurich
 Fanning, W. J. 381
 Farnham 349, 359
 Farnley 334
 Feeding, forcible 43
 Feketehegy 125
 Fellxstift 29, 78, 206, 311
 Felkin, Dr. R. W. 168
 Felsberg 206
 Fernsicht, Sülzhayn 421
 Finland 473, 431-2
 Firs Home 324
 Firs, The — see Mundesley
 Fletcher Convalescent Home, Cromer 324
 Floors 24
 Florence, New 99
 Fodéré 13
 Fogg 5
 Föhr 207
 Food, preparation of 41-2
 Foodstuffs, proportion of 41
 Fosses Mouras 302
 Foundations 20
 Fox, Dr. Wilson 65
 France, South of 4
 Franconia, Upper 426
 " Lower 427
 Fränkel, Dr. 10, 118
 Frankfurt 177, 203
 Franzosenmühle 424
 Free Home for Consumptives, Boston 115,
 402
 " for the Dying 320
 French Agricultural Colonies 144
 Fresh air treatment 33
 Friedenheim 320
 Friedrichroda 243
 Friedrichsheim Sanatorium 426
 Fruit and Vegetables 42
 Furniture 12, 18, 26, 46
 Furth 426

 Gabriel's Sanitarium 83, 84, 87
 Gabrilowitsch, Dr. 278
 Galbraith, Dr. 383, 389
 Games — see Recreation
 Garfield Memorial Home 118
 Gateforth Hall 334
 Gaudal Sanatorium 270
 Gebhard, Dr. 50, 56, 205
 Gebser, Dr. 223
 Geissler, Dr. 431
 Gelderland 429
 Gerhardt, Dr. 10, 204, 207, 210, 216
 German Insurance Law 80, 204
 Germany compared with England 393-8
 Glusman, Dr. J. W. 97

 Giresse, Dr. 60, 132
 Glarus, Sanatorium for 299, 309
 Glaser, Dr. 308
 Glasgow Sanatorium 338
 Glatz 208
 Glockner Sanitarium 79, 84, 102
 Gloucester, Wilts and Somerset, Sanatorium
 for, 324, 327
 Glückauf Sanatorium, 421
 Görbersdorf, Brehmer Sanatorium, 16, 17, 52,
 55, 58, 71, 79, 148-9,
 1 O. 417
 " " 2nd class, 149, 151, 206
 " Römler's Sanatorium, 18, 66,
 149-50, 166
 " Welcker's Sanatorium, 52-3,
 149-50, 167, 208
 " " Krankenhaus, 52,
 149, 206, 208, 209

 Gorbio Sanatorium, 414
 Grabowsee Sanatorium, 76, 78, 206, 214, 218,
 418
 Gramplans Sanatorium 348, 881
 Grange over Sands 338, 382, 383
 Graz, Styria 120
 Grafen Sanatorium 430
 Gross Müritz 207
 Groes Tabarz 243
 Grounds, The Sanatorium 16
 Gulmar Hospital, Tenerife 412
 Gwynne, Dr. 370, 376

 Häfeli, Dr. 434
 Hague, The 313
 Halley Sanatorium, 348, 349, 861
 Hallia, Sanatoria at 25, 273, 277, 279, 431
 Halkin Sanatorium 323, 337
 Halle 75
 Hamburg 246, 422
 Hampshire Sanatorium 324
 Hampstead Chest Hospital — see North
 London
 Hance, Dr. 66
 Handkerchiefs 29
 Hanover 148-9, 171, 203, 206, 246, 422
 Harbourne Sanatorium 348, 349, 264
 Harlsching Sanatorium 206, 260, 427
 Harrogate 382
 Harth, Colony on the 243
 Hartnell, C. Braine 348, 370
 Hassall, Dr. Arthur Hill 327
 Hatzfeld, Count 208
 Haufe, Dr. 53, 199
 Haupt, Dr. 68, 69
 Hauteville Sanatorium 415
 Havre 416
 Health Resorts 3, 14, 68, 148
 Heatherside Sanatorium 321
 Heating of Rooms 12, 22
 Heidelberg (Germany) 424
 " (Australia) 315
 Heidschloss (Holstein) 312
 Heilanstalt Michel 434
 Heiligenschwendl Sanatorium 37, 75-6, 79,
 283, 299, 804, 437
 Heilstätten Correspondenz 204
 Hellendoorn Sanatorium 429
 Helouan 312, 413
 Helsingsfors 432
 Heron, Dr. 65
 Hersbrück Sanatorium 426
 Hess, Dr. 182
 Hewall Sanatorium 313, 826
 Hich-ns, Dr. P. S. 389, 399
 Hill Crest (Santa Clara) 401
 Hillier, Dr. Alfred 317
 Höchst am Rhein 206
 Jöckendorf 211, 221
 Hoff-nreich, Dr. 121
 Hohenbonnet Sanatorium 19-20, 22, 25, 30, 34,
 59, 71, 75, 118-2, 177, 182, 279
 Hohenlobe, Countess 2 3

Hälsahl Sanatorium 43
 Holland 312, 428
 " Queen of 304
 Holne Chase Sanatorium 318, 361, 363
 Home—see Denver, Eversfield Hospital,
 Fletcher Convalescent, First, Mildmay
 Consumptive, Richmond, St. Michael's
 and All Angels, St. Catherine's
 Home comforts 63
 " for consumptive females 320
 " for the dying 324
 " of comfort for the dying, 324
 " treatment, expense of 69
 Homes Convalescent 2, 3, 206, 224, 311-13,
 318, 324
 " Nursing 1, 61, 318
 " for advanced consumptives 319, 324
 " for consumptives, American 84, 103,
 115, 117-18, 401
 " " Belgian 311
 " " British 329, 324
 " " British Colonial 315
 " " Danish 312
 " " Dutch 313
 " " French 127, 144
 " " German 169, 203,
 207-8, 215, 219, 224,
 239, 243, 252, 256
 " " Hungarian 123
 " " Italian 313
 " " Russian 275
 " " Spanish 314
 " " Swiss 293, 306
 Honnef 186, 2-6—see also Hohenhonnef
 Hopeless cases 61, 293, 319, 324
 Horn Hall Sanatorium 323, 328
 Horsham 349, 338
 Hospital, Alexandre 272-3
 " Alexandrina 272-3
 " August, 4, 7
 " Austin 315
 " Belfast—see Forster Green
 " Bellevue 66
 " Belvedere 434
 " Berck-sur-Mer 128
 " Bergen 271
 " Bichat 129
 " Boucaut 129, 146
 " Bowdon 323, 388
 " Bridge of Weir 338, 341
 " Brompton Chest 36, 65, 319, 320,
 393
 " Broussais 129
 " Charité 216, 418
 " Charity 66
 " City of London—see Victoria Park
 " City Road—see Royal Hospital
 " Clewer—see St. Andrews
 " Cochlin 121
 " Consumption, for Ireland 344
 " Cork Co., for Consumptives 411
 " Craigleith—see Victoria
 " De Peyster 79, 84, 91
 " Edinburgh—see Victoria
 " Eversfield (St. Leonards) 323
 " Forster Green (Belfast) 344, 345
 " Gulmar 4, 2
 " Hampstead—see North London
 " Kief 272-3
 " Laennec 129, 146
 " Lariboisière 129, 147
 " Liverpool, for Dis. Chest, 323, 334
 " Loomis 115
 " Magdeburg 65
 " Manchester, for Consumption 5,
 323, 336
 " Massachusetts State, for Con-
 sumption 79, 83-4, 92, 94, 403
 " Metropole, Las Palmas 412
 " Montpeller 123
 " Mount Vernon—see North London

Hospital, National Consumption, for Ireland,
 344
 " Newcastle-on-Tyne—see Northern
 Counties
 " Newcastle (Ireland)—see National
 Northern Counties, for Consump-
 tion 332
 " North London, for Consumption
 319, 321
 " Ormeson 14, 80, 129, 180, 410
 " Obouchowsky 272-3
 " Philadelphia 84, 96, 96, 406
 " Pidie 123
 " Rhode Island, for Consumptives
 406
 " Royal, for Diseases of the Chest
 319
 " Royal National—see Ventnor
 " Roma (Queensland) 316
 " Rush, for Consumptives 115, 406
 " St. Andrew's (Windsor) 324
 " St. Antoine 129
 " St. Jörgen's (Bergen) 271, 430
 " St. Joseph's 115
 " St. Leonard's—see Eversfield
 " Seamen's, Greenwich 324
 " Tenon 129
 " Torquay—see Western
 " Ventnor 46, 77, 80, 323, 324, 377, 364
 " Victoria (Craigleith) 338, 340
 " Victoria Park 319, 321
 " Villiers-sur-Marne 14, 22, 24, 62, 83,
 129, 141
 " Western, for Incipient Consump-
 tion 323, 327
 " Windsor—see St. Andrews
 " Wola 272, 3, 188
 " Zarskoje Selo 272-3, 361
 Hospitals, Comparison with Sanatoria, 2, 56
 62, 76-7
 " for Consumptives 2, 74-77
 " Cost of 74, 76, 177
 " American 84, 91, 94-96, 115, 117
 " British 318
 " British Colonial 315
 " French 129, 146
 " Irish 344
 " Italian 313
 " Russian 271
 " Scotch 338
 Hotels 2, 8, 18
 Hotel du Parc, Montana 295
 House of Rest, New York 115, 117
 " Mercy, Philadelphia 84, 95
 Hull and Withernsea Convalescent Home
 324
 Humbert, Dr. 434
 Hurd-Wood, Dr. 359
 Hydropathic Establishments 2
 Hydrotherapy 2, 36
 Hygela Sanitarium 79, 83-4, 92, 403
 Ilmenau 245
 Inder Stille—see Basel Sanatorium
 Individual peculiarities 43
 Infection 28-31, 65 *et seq.*
 Infirmary for Consumption 319
 Inglewood Sanatorium 348, 361, 364
 Insurance Companies 50, 56, 59, 78, 204-5,
 210, 212, 214, 219, 223-4, 229-30, 232, 238-9,
 241, 244, 246, 248, 250-51, 256, 260, 262
 Insurance Co., Baden 257, 262, 425
 " Bremen—see Insurance Co.,
 Hanseatic
 " Berlin Brandenburg 214
 " Brunswick 232
 " Hanover 241, 251
 " Hanseatic 50, 56, 59, 75, 205,
 226, 229-30, 246
 " Hesse Darmstadt 256, 260
 " Pfalz 260
 " Sachsen-Anhalt 244, 422

- Insurance Co., Saxony 422
 " Schleswig-Holstein 423
 " Westphalian 250
 Intelligence aids recovery 49
 International Sanatorium, Davos 434
 Invalids' Home, Davos 85
 Isle of Wight 327, 361, 364
 Isolation Rooms 26
 Italy 6, 313, 429
 Itzerott, Dr. 215
 Jackson, Dr. 92
 Jacobi, Dr. 286
 Jacoby, Dr. 35
 Jacubasch, Dr. 149, 167, 169
 James Brown Sanatorium 407
 Jaoul, Dr. 141
 Japanese Sanatoria 313
 Johanniter Hospital 423
 " Society 206, 243, 427
 Johns' Sanatorium, Dr. 351, 362, 368
 Jonsdorf Convalescent Home 206, 224
 Josefowna, Grand Duchess 273
 Journeys 8
 Jungfernhelde 419
 Kaatzer, Dr. 174
 Karkutsch, Dr. 221
 Kaurin, Dr. Edv. 271
 Keresztenyaziget, 125
 Kldd, Dr. L. 399
 Kleff 432
 Kiel 273
 Kimberley Sanatorium 316
 Kingussie Sanatorium—*see* Gramplains
 Kinross Sanatorium 393, 398
 Kirkby Lonsdale—*see* Westmoreland
 Kissingen 145
 Kitchens 19, 20, 25
 Klebs, Dr. 100
 Knocksnalack Sanatorium 348, 383, 385
 Knopf, Dr. 9, 10, 56
 Kobert, Prof. Dr. 159
 Koch, Dr. Adolf 190, 196-7, 427
 Köhler, Dr. 214
 Königsberg Sanatorium 75, 206, 289, 417, 421
 Koranyi, Prof. 123
 Kotbus 214
 Kralilling Sanatorium 205, 263, 427
 Krankenhaus, Dr. Weicker's 149, 206, 302
 Kraus, Dr. 120
 Kremsier, Dr. 238
 Kündig, Dr. 34
 Kurhaus Clavadel 434
 " Seehof, 434
 Kuthy, Dr. 74 *et seq.*; 124 *et seq.*
 Laboratory 25
 Ladendorf, Dr. 149, 167, 169, 231
 Ladies' Home Sanitarium 401
 Lahmann's Sanatorium, Dr. 149, 161
 Lamotte Beuvron 414, 415
 Langenberg, Dr. 424
 Las Navas Sanatorium 432
 Las Vegas Sanitarium 79, 84, 106
 Latta Sanitarium 411
 Laubbach Sanatorium 79, 145-9, 177, 186
 " 2nd class, 189
 Laundries 30
 Laurentian Sanatorium 408, 410
 Lavatories 23
 Lawson, Dr. 383
 Leeds Sanatoria 323, 324, 384
 Lehrecke, Dr. 149, 174
 Leiser, Dr. 193, 201
 Le Menillet 416
 Lemonfontein 412
 Letulle, Dr. 145
 Leudet, Dr. 69
 Leyden, Prof. von 10, 72, 203-4, 221
 Laysin Sanatorium 18, 79, 283, 288, 293, 436,
 437
 Liebe, Dr. 76 *et seq.*, 213, 424
 Light st., 22
 Ligue contre la Tuberculose French 127
 " " Belgian 311, 312
 Lille 416
 Lillehammer 430
 Limburg Sanatorium 408
 Limpley Stoke 317
 Lindheim Sanatorium 273, 274, 431
 Linen 30, 31
 Linford Sanatorium 348, 349, 385
 Lippe Detmold 245, 422
 Lippert, Hofrath Christian 120
 Lippespringe 246, 423
 Liverpool Hospital Sanatorium 323, 386
 " Sanatorium for the poor 323, 386
 Livonia—*see* Lindheim
 Lohr am Spessart 205
 London Sanatorium 348, 349, 386
 " Chest Hospitals and Sanatoria 318
 Loomis, Dr. Alfred 88
 " Hospital and Dispensary 115
 " Sanitarium 18, 23, 79, 83-4, 88, 117
 Lord, Mrs. 306
 Lorraine 424
 Loslau Sanatorium 78, 205, 209, 212, 417
 Luxor 312
 Lyon, Sanatorium for 128, 415
 Lysterfjord 433
 Macfie, Dr. R. C. 399
 Magdeburg Sanatorium 420
 Magny 128
 Maltland House Sanatorium 348, 349, 387
 Malchow Home for Consumptives 76, 78, 206,
 214, 219, 246, 419
 Malvilliers Sanatorium 438
 Management of a Sanatorium 58, 210
 Manasse, Dr. 52
 Manchester Sanatorium 323, 387
 Manebach Sanatorium 206, 213, 243, 245
 Manitou Park 111
 Margate, Royal Sea-bathing Infirmary 324,
 393
 Maria Sanatorium (Halila) 25, 273, 279
 " Anna Heim, Prinzessin 225
 Marienheim (Stieg-) 206, 231, 421
 Married couples, Phthisis in 69
 Marty-Martineau, Monsieur 136
 Marzell Sanatorium 75, 148-9, 201, 206, 282, 426
 Massachusetts State Sanatorium 79, 83-4, 92,
 94, 403
 May, Dr. Page 312
 McCall, Dr. Annie 359
 Meals, number of 42
 Mears, Dr. 383, 399
 Mecklenburg 207, 214, 418
 Medical Ownership 60
 " Staff 11, 58
 " Supervision 9, 11, 58
 Meissen, Dr. 182
 Mena House (Egypt) 312, 413
 Mendip Hills Sanatorium 348, 370, 374
 Mental Influence 11
 Mentone 416
 Meran 126
 Merseburg 214
 Mesna (Norway) 430
 Metz 206
 Meung-sur-Loire 414
 Mexico, New 84, 106
 Michaelis, Dr. 68, 149, 172, 174, 216
 Michaelis' Sanatoria, Dr. 172, 246
 Middelkerke 311
 Middleburg 412
 Mienia 432
 Millan 429
 Mildmay Consumption Home 324
 Milk Supply 40
 Miller, Dr. Wm. 113-14
 Minden 246
 Molde 270
 Monaco 430

- Montana Sanatorium 27, 127, 129, 128
 Mont. Bonmorin Sanatorium 27, 127, 129, 128
 Mont. Pacanaglia Sanatorium 127, 129, 128
 Montefiore Home Country Sanitarium 78, 84, 92
 " Home for Chronic Invalids 115, 117
 Montreux 283
 Monza 429
 Moorcote Sanatorium 348, 349, 366
 Morgan, Dr. Kinsey 361, 363
 Mortality from consumption 393
 Mortuary 26
 Moscow 273, 432
 Mountain Sanatoria in France 145
 Mundesley Sanatorium 348, 378, 380
 " The Flrs 348, 378, 380
 Munich, Sanatorium for 75, 206, 263, 265
 Muskoka Sanitarium 406, 409
 Mustamäki 273
 Muthu, Dr. Chowry 361, 365

 Nahm, Dr. 67
 Nancy 416
 Nannetti, Dr. Mary 383, 385
 Naples 429
 Nathanson, Dr. 282
 National Tastes and Customs 10, 25, 41-2, 63
 " Sanatorium for Consumption and Diseases of the Chest, Bournemouth 323, 385
 " Hospital for Consumption (Ventnor)—see Hospitals
 " Hospital for Consumption (Ireland)—see Hospitals
 Naunyn, Prof. 10
 Naurod, Sanatorium 424
 Nervl Sanatorium 429
 Neuchatel Sanatorium 438
 Neudorf 417
 Neuschmucks Sanatorium 124
 Newcastle, Wicklow Hills—see National Hospital for Cons. (Ireland)
 Newcastle-on-Tyne 323
 New Florence 62, 99
 " Forest 348, 349, 355
 " Zealand 315
 " York 83-4, 87-8, 91-2, 115, 117-118, 401, 405, 406
 " York Hospital and Dispensary for Consumptives 117
 Nice 138
 Nicolaj Sanatorium (Hallila) 273, 279
 Niedernhausen 424
 Noise 25
 Nolsy-le-Grand 144, 416
 Norderney 217
 Nordrach Colonie, 18, 22, 24-5, 30, 31, 40, 60, 72, 148-9, 190, 427
 " Dr. Hettlinger's Sanatorium 427
 " upon Dee Sanatorium 348, 383, 386
 " upon Mendips Sanatorium 348, 374
 North London Hospital for Consumption 319, 321
 " Staffordshire Infirmary 324
 Northern Counties Hospital for Consumption 323, 387
 Norway 267, 430
 Nottingham Sanatorium 323, 324, 387
 Novara 429
 Nuremberg Sanatorium—see Engelthal
 Nursing Homes—see Homes
 " Staff 11, 58

 Oberkaufungen 206, 208, 17
 Oberölkofen 427
 Oberpleis 246
 Objections Answered 63
 Obmänner 210
 Obouchowsky Hospital (St. Petersburg) 273
 Occupation 39, 46

 Ochil Hills Sanatorium 348, 383, 386
 Odenwald 427
 Oderberg Sanatorium 22, 30, 47, 51, 59, 206, 227, 421
 Œuvre de la tuberculose 127
 " des enfants tuberculeux 127, 170
 " des jeunes filles poitrinaires 127
 " des Hôpitaux Marins, 127
 " des Hôpitaux de Montagne 127
 Oldenburg, Sanatoria in 246, 422
 Ontao 431
 Open-Air Treatment 33, 321
 Orange—Nassaus—Oord 429
 Oranienburg 216
 Orleans 415, 416
 Ormesson—see Hospitals
 Orphan Homes, Mrs. Quarrier's—see Bridge of Weir
 Oslus, Dr. 208
 Ostend 311
 Ott, Dr. 230
 Outbuildings, Position of 17
 Overman 47, 210
 Overton Hall Sanatorium 348, 361, 386
 Oxfordshire Sanatorium 324

 Padua 429
 Paget, Peter 354
 Paignton 373, 373
 Palatinste 206
 Palermo 429
 Pannwitz, Dr. 203
 Panzeri, Dr. 314
 Paris 416
 " Municipal Council 50
 Parramatta 315
 Pasteur Sanatorium, New York 401, 406
 Pau 135, 414
 Pendency Hall Sanatorium 348, 370, 278
 Pennsylvania 377
 Pennsylvania 84, 95, 96, 401
 Pensoldt, Dr. 46
 Perthshire Sanatorium 338, 380
 Petit, Dr. Léon 4, 14, 33, 58-9, 72
 " Dr. Georges, 140
 Pils—see Speyer, Dannensfels
 Phillip, Dr. R. W. 389
 Phillippi, Dr. 291, 434
 Pine Trees 15
 Pinewood Sanatorium—see London Sanatorium
 Pintschovius 167
 Pitkejälvi Sanatorium 431
 Plöchy 385
 Planegg Sanatorium—see Kralilling Sanatorium
 Plauen Sanatorium 206, 222, 224
 Ploen, Holstein, 312
 Pneumatic Cabinets 40, 290
 Poland, Russian 432
 Pollock, Dr. J. E. 65
 Pomerania 206, 214, 418
 Poole Road Sanatorium—see Overton Hall
 Poore, Dr. Vivian 8
 Poplar and Stepney Guardians 319
 Portsmouth Board of Guardians 324
 Porta Coeli Sanatorium 432
 Portugal 313, 430
 Posen 417
 Potts' Sanatorium, Dr.—see Overton Hall
 Powell, Sir R. Douglas 6
 Pravignan, Villa—see Davos
 Prinzessin Maria Anna Helm 225
 Pruen, Dr. 370, 373
 Prussia, East 208
 " West 208
 " Rhenish 26
 Prussian Hessian Railway Sanatorium 419
 Pückler, Sanatorium of the Countess—see Weicker's Sanatorium
 Puebla 112
 Putten op de Veluwe 428

- Quantocks 377
 Quarrier's Homes—*see* Bridge of Weir
 Queensland 316
 Quisisana Sanatorium 273, 275
 Rachmanow Family 273
 Railways 15
 Rain 5, 34
 Ransome, Dr. A. 7, 13, 21, 67
 Reading 349, 352, 357
 Recreation 25, 39
 Recumbency 10, 12, 16, 34-5, 38
 Red Cross Sanatorium Society 203, 216, 221, 244
 Refsnaes Sanatorium 312
 Rehburg Sanatoria 51, 59, 69, 76, 78, 148-9; 171, 213, 256, 266
 Reiboldsgrün Sanatorium 7, 18, 40, 59, 68, 148-9, 161, 420
 Reichenberg 120
 Reinhardt, Dr. C. 196, 353
 Reitz, Prof. 312
 Refsnaes Sanatorium 267, 273
 Relapse, Danger of 10
 Renfrewshire 341
 Resident Medical and Nursing Staff 11, 58
 Rest and Exercise 10, 12, 16, 34, 38
 Results of treatment 48, 55
 Reuter, Dr. 220
 Revue de la Tuberculose 80
 Rhine District Sanatoria 148-9, 177, 182, 186, 252, 421
 Rhodes, Rt. Hon. C. J. 316
 Richmond House Cottage Sanatorium 323, 331
 " " Convalescent Home 323, 331
 Riesengebirge 120, 148-3, 150, 153, 155, 157, 207-8
 Riley, Dr. 110
 Ringwood—*see* Linford Sanatorium
 Riviera 4, 6, 7, 68
 Roads 15, 16
 Rocky Mountains 102-3, 106, 109
 Rodberg, Schloss 243
 Roddick, Dr. 316
 Rohrbacherschlosschen 424
 Roma (Queensland) 316
 Römheld Sanatorium, 422
 Römpler's Sanatorium, Dr. 18, 67, 149-50, 185
 Ronusdorf Sanatorium 423
 Roosa, Dr. St. John 68
 Rossbach on the Sieg 424
 Rossclaire Sanatorium 343, 389, 391
 Rostock 419
 Rostrevor Sanatorium 348, 383, 391
 Rougemont 144
 Roumania 313, 431
 Royal Sea-Bathing Infirmary 324, 393
 Ruck, Dr. K. von 56, 97
 Rudgwick Sanatorium 348, 349, 353
 Ruppertshein Sanatorium 20-1, 46, 74-6, 78, 206, 246, 253, 424
 Russian Sanatoria 272, 431
 Saarbrücken 206
 Sabourin, Dr. 43, 130, 133
 St. Andreasberg, 51, 168, 226
 " Dr. Jaarbasch's Sanatorium 149, 167, 169
 " Dr. Ladendori's Sanatorium 149, 167, 169
 " Felixstift Sanatorium 59, 78, 167, 206, 231
 " Oderberg 206, 226, 227, 421
 St. Anthony's Sanatorium 402
 St. Arnau 206
 St. Blasien Sanatorium 20, 55, 148-9, 170, 196, 199
 St. Catherine's Home 324
 St. Lawrence (I.W.) 364
 St. Luke's Home 320
 St. Martin Lantosque 120, 138
 St. Mary's Sanitarium (California) 84, 112
 " " (Texas)—*see* White Gables
 St. Michaels and All Angels Home 324, 325
 St. Moritz 80, 283, 299, 306
 " Aid Fund 306
 St. Peter's Home 320
 St. Petersburg 273, 275
 St. Radegonde 144
 St. Symphorien 128, 145
 Sajous' Co-operative Village, Dr. 98
 Salerno 429
 Salzfluen 246
 Sanatoria for rich and poor 81
 " for children—*see* Children, sanatoria for
 " for external tuberculosis 3
 Sanatorium des Pins 415
 Sandbach Sanatorium 427
 Sander, Dr. 89, 190, 199
 Sanitarium or Sanatorium 83
 Sanitarium, Gabriel's 403
 Santa Calalina (Canary Isles) 410
 Saugmann, Dr. 312
 Schatzalp Sanatorium 434, 436
 Scheepelen, Dr. 312
 Schiffrain 428
 Schleswig-Holstein 422
 Schloss Köten 427
 Schmidtsdorf—*see* Welcker Sanatorium
 Schnöller, Dr. 305
 Schömburg Sanatoria 78, 148-9, 190, 196, 206, 280, 427
 Schools—*see* Children
 Schreiber's Alpenheim, Dr. 126
 Schröder, Dr. 186, 427
 Schrötter, Prof. von 120
 Schulsanatorium (Davos) 434
 Schwarzenbach 421
 Screens 26
 Scrofula, Infirmary for 324
 Sea Coast 13, 15, 145, 207, 313
 Sea Voyage 8
 Seaton Sanitarium 84, 92, 406
 Senator, Prof. 10
 Sewage, Disposal of 31—*see* also Closets
 Sharon Sanitarium 79, 83-4, 92
 Sheffield Royal Infirmary 324
 Sherwood Forest Sanatorium 323, 387
 Shelter 12-14, 16, 34
 Shotley Bridge—*see* Bellevue (Durham)
 Sicily 429
 Siebengebirge 148-9, 177, 182, 186
 Sierre 295
 Silesian Sanatoria 150-9, 208-13, 417
 Sinclair, Dr. F. H. 389, 390
 Sites for Sanatoria 13, 73
 Size of Rooms 22
 " " Sanatorium 18, 58
 Sławuta Sanatorium 273
 Sleeping accommodation 27, 45
 Smyth, Dr. J. C. 389, 390
 " Dr. Mander 356
 Societies for combatting Tuberculosis 127, 202-3, 208, 212, 214, 221-2, 244, 246, 248, 259-60, 263, 280, 299, 302, 311-12, 407, 408, 409, 412, 414, 429, 430, 431
 Soden 69, 424
 Soll 13, 15
 Solly, Dr. S. E. 9, 49, 54, 85, 87, 98, 112
 Somerset Sanatorium 324
 Sonnenberg Sanatorium 425
 Sonnenhof Pension 421
 Sophienbad 148
 Sophienheilstätte—*see* Berka
 Sorge 427
 Spengler, Dr. 287, 434
 Speyer Sanatorium 206
 Sputa, Reception and Disinfection of 28-31
 Stachelberg Sanatorium 283, 299, 309
 Staff of a Sanatorium 58

- Stage of Illness 1, 48
 Stanhope Sanatorium—*see* Durham Sanatorium
 Stanthorpe (Queensland) 316
 Statistics 48-9, 53-4
 Stein, Dr. 361
 Stephanle, Dr. 295, 437
 Stettin, Sanatorium for 205, 214, 231, 419
 Stiege Sanatorium 59, 75, 203, 205, 232, 421
 Stoke-upon-Trent—*see* North Staffordshire Infirmary
 Stooes 125
 Stourfield Park Sanatorium 348, 361, 366
 Stroud 370
 Stubbert, Dr. J. E. 89
 Stuttgart Neustädte 206
 Suffolk Sanatorium 324
 Sülzhayn Sanatoria 30, 59, 142-9, 170, 206, 234, 235, 239, 421
 " Fernsicht 144, 170, 236
 Summerhouses 35
 Sunny Nook Sanatorium 348, 363
 Sunshine 17, 18, 21, 34, 67
 Swiss Villa, Swanage 348
 Szontagh, Dr. von 124

 Taltzi Sanatorium 273, 280, 431
 Tambourine Mount, Queensland 316
 Tannroda 244
 Taunton 370
 Taunus Mountains 148-9, 177, 425
 Tewfik Palace Hotel, Helouan 413
 Texas 84, 112
 Thirlmere, N.S.W. 315
 Thomson, Dr. David 361, 369
 Thorenc 414
 Thun 299, 306
 Thuringia 243, 422
 Thurnam, Dr. R. 191, 370, 376
 Tilford 359
 Timbercombe 248, 370, 277
 Tirmann, Dr. 154
 Toop, Dr. 224
 Torgament 24, 235, 244
 Torquay 323, 324, 327
 Tours, Sanatoria for 128, 144
 Town or Country 14, 73
 Transformation of Old Houses 73
 Treatment at Home 63, 69
 " In Sanatoria 11
 " results of 48
 " duration of 49, 60, 64
 Trelat, Dr. 22
 Trembling Mountain Sanatorium 316
 Tremilly 144, 416
 Trepoey Sanatorium 127, 129, 184
 Treu, Dr. 274
 Treves 425
 Trudeau, Dr. E. L. 86
 Tuberculous Infants, La 127
 Turban, Dr. 290, 434

 Uckerath 246
 Uj Tatra Füred Sanatorium 124
 Umbria 429
 Unger, Dr. 187
 United States Army Sanitarium 402
 " Sailors' Sanitarium 402
 Unterberger, Dr. 68-9, 147, 281

 Valencia 433
 Vaquier, Dr. 144
 Vegetables, Fruit and 42
 Vegetation 35
 Vellejford Sanatorium 413
 Vesunmont Hydro. 311
 Venduynne 311
 Ventilation 12, 21, 23
 Ventnor Consumption Hospital, 46, 77, 80, 323, 324, 377, 384
 Verandahs 12, 19, 20, 34, 112
 Vernet les Bains 130

 Victoria, Australia 315
 " Park Hospital—*see* Hospitals
 " Craigleith—*see* Hospitals
 Vienna 120
 Village, Dr. Sajous' Co-operative 98
 Villages, Model 62, 98, 356
 Villepinte Sanatorium 129
 Villiers-sur-Marne Hospital—*see* Hospitals
 Visitors 40, 63

 Wald Sanatorium—*see* Zurich Sanatorium
 Waldhaus Sülzhayn 421
 Waldhof Elgershausen 424, 426
 Waldshut 427
 Walker, Miss Jane, M.D. 24, 376, 379
 Walls 24, 25
 Walsbe, Dr. 13
 Walsingham Union Infirmary 324
 Walters, Dr. F. R. 349
 Walther, Dr. 5, 37, 40, 192
 Warsaw, 431-2
 Water Supply 32
 Watteville, Dr. de 383, 384
 Weather 5
 Weber, Sir Hermann 13, 33
 " Dr. F. 276
 Wehmer, Dr. 198
 Weicker's Sanatorium, Dr. 35, 52, 187, 208—*see also* Görbersdorf
 Weimar 243
 Weir-Mitchell treatment 40
 Weissenburg Kurhaus 298
 Weissner Hirsch, Sanatorium at the 164
 Weismayr, Dr. Alex Ritter von 123
 Wells 370
 Werden on the Ruhr 425
 Westmoreland Sanatorium 323, 388
 Westphalia 206, 245, 422
 Wetzlar 424
 White Gables Sanatorium 79, 84, 112
 Whitmead Hill Sanatorium 348, 349, 369
 Wicklow Hills—*see* Hospital Cons. for Ireland
 Wilhelmshelm 428
 Williams, Dr. C. T. 7, 15, 65
 Willmanstrand Sanatorium 273
 Wills, Dr. 350, 353
 Wilson, Dr. G. Morton 370, 377
 Wiltshire Sanatorium 324
 Wimbledon 324
 Winchfield 358
 Windsor 324
 Wind 14, 34, 35
 Windows 21, 23, 123
 Winsley Common 327
 Winyah Sanitarium 56, 66, 79, 83-4, 97, 407
 Wisen on the Sieg 246
 Wokingham 356
 Wola 273, 282
 Wölfelgrund 208
 Wolff Immermann, Dr. 7, 53, 55, 150, 160, 256
 Woodburn Sanatorium 348, 383, 388
 Worcester Sanatorium 324
 Work 46, 144, 211
 Worms 74, 206
 Worthing Chest Hospital 323
 Wunsch, Dr. 299
 Wurtemberg 196, 206, 428
 Würzburg 73, 206
 Wyk van Zee 207, 213

 Yalta—*see* Quisisana
 York Sanatorium 324, 382
 Yeendyk, Dr. van 186

 Zaandvoort 313
 Zarakoje Selo Sanatorium 273, 181
 Zellerfeld Sanatorium 206, 421
 Ziemssen, Prof. von 10, 69
 Zittau 224
 Zoppot 207
 Zurich, Sanatorium for 299, 309, 437

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